Soul Matters

What does it mean to be
a people of SANCTUARY?



RE Resources

October 2018

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Welcome

Welcome to October's packet on "What Does It Mean to be a People of Sanctuary?"!

When I started thinking about the theme, my mind went immediately to a high school youth at his Bridging Ceremony who shared what he would remember most about the congregation. He shared his moment at an overnight, when he slept in the quiet of the sanctuary. He was able to point to the exact place where he laid, contemplating his future and his life, surrounded by the soft light coming in through the windows at 2 a.m. I love how his story captures the multiple dimensions of sanctuary: A place of safety, vision, sending, inner peace and connection to that which is larger. Likewise, our packet lifts up these many meanings.

The Sessions and Lenses

Just like the physical sanctuary in this young man's story, our first session lifts up actual worship sanctuaries and the importance of place. Many congregations call their main meeting room, a sanctuary. This session helps our children understand why these rooms are called a sanctuary, and how their own Sharing Circles can be a sanctuary of sacred space.

In the second session, we explore the very current New Sanctuary Movement and the way people can be sanctuaries and shelters for each other. For those in a sanctuary church, this is a time to share the why's and how's with the children. For those who aren't in a sanctuary church, this is a time to share why our sibling congregations and faiths have made the decision to be a sanctuary church. We are grateful that our monthly theme has coincided with this very pressing and important issue of protecting the vulnerable among us and bringing more compassion to our nation's immigration policies.

In the third session, we explore our earth and interdependent web as a sanctuary that supports and sustains us all. This lens gives us a way to celebrate the work of wildlife and animal sanctuaries and those congregations who have become Green Sanctuary churches.

In the final session, we explore Sanctuary as a place of inner quiet. This type of Sanctuary is especially important as an antidote to the world of multitasking, social media, and information overload. This is one of our faith's greatest gifts: providing the tools and companions to help us all navigate through the noise and find our inner sanctuaries within.

UU Connections of the month

Unitarian Universalist Identity has been woven throughout packets in the past. Or to put it another way, it's been sprinkled throughout rather than planted in a particular and regular section. Our Sharing Circle partners have requested a more systematic approach, so they can more easily identify the teachable moments for building UU Identity. So we have created a "UU Connection of the

Month" which will underline a heroes, heroines, and stories which teach UU Identity related to the monthly theme. This month, there are four connections.

1. **UU Involvement in the Sanctuary movement**
   Described for elementary children in Session #2, through the lens of the poem on the Statue of Liberty.

2. **UU Use of worship sanctuaries**
   This session explores the idea of the use of the word "Sanctuary" to describe the meeting place of UU's and its origin in the medieval churches in Europe.

3. **UU Martyr Michael Servetus and his dream of sanctuary for free thinkers**
   The story of Michael Servetus, 15th c. theologian of Unitarianism who was burned at the stake after his hope of sanctuary failed.

4. **UU Green Sanctuaries and Welcoming Congregation congregations**
   If your congregation has worked to become one or both of these designated sanctuaries, explore the meaning and process.

It is our hope that this packet helps you and the families, youth and children you minister to create your own places of protection, comfort, hope and centeredness. Thanks, as always, for letting us partner with you in building these sacred spaces that sustain us all.

In gratitude,
***Katie**, on behalf of the entire Soul Matters Team*

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Calendar Connections

October 2018

Click on the name on each event for more information or inspiration.

Interfaith:

- Feast of St Francis of Assisi (Christian) - Oct. 4
- World Communion Sunday (Christian) - Oct. 7
- National Observance of Children's Sabbath - Oct. 20-22
- Reformation Day (Christian) - Oct. 31
- Samhain (Wiccan) - Oct. 31 - Nov. 1 [more]

Unitarian Universalist:

- Birthday of e e cummings - Oct. 14
- Michael Servetus burned at the stake in Geneva - Oct. 27 (1553) (more here)

National & Cultural Holidays:

- LGBTQ History Month
- Breast Cancer Awareness Month
- Bullying Prevention Month
- Birthday of Mohandas Gandhi - Oct. 2 (1869)
- NASA launches first peopled mission, Apollo 7 - Oct. 11 (1968)
- Indigenous Peoples Day - Oct. 8
- National Coming Out Day - Oct. 11
- John Brown's Raid - Oct. 16 (1859)
- Laquan McDonald is killed by officer Jason Van Dyke in Chicago - Oct. 20 (2014)
- Suffrage Movement March In New York - Oct. 23 (1915)
- United Nations Day - Oct. 24
- Halloween, All Soul's Eve - Oct. 31
- Dia de los Muertos - Oct.31 - Nov.2

For Fun and On the Fringe:

- World Vegetarian Day - Oct. 1
- First episode of Unitarian Rod Sterling's "Twilight Zone" - Oct. 1 (1959)
- Mad Hatter Day - Oct. 6
- World Smile Day - Oct. 6
- Apple introduces new iPod - Oct. 13 (2005)
- Clergy Appreciation Day - Oct. 14
- War of the Worlds radio lay causes mass hysteria - Oct. 30 (1938)

Stories for all Ages

Everybody We are All Born Free
From Amnesty International
https://www.youtube.com/watch?v=x9_IvXFEyJo

"Everybody—a part animation, part live-action short film from our friends from the UK—is a celebration of the 60th anniversary of the Universal Declaration of Human Rights for the book, We Are All Born Free. See the 30 rights of the Declaration come alive with illustrations from internationally renowned illustrators and voice stylings from Jeremy Irons, Emilia Fox, George Lamb, Navin Chowdhry, Lindsay Duncan, Amanda Mealing and our narrator Julian Rhind-Tutt."
- From Amnesty International.
Translate this engaging video into a Story for All Ages or read the book, **We Are All Born Free: The Universal Declaration of Human Rights in Pictures** referenced below.

The Umbrella Sanctuary
By Tim Atkins, as featured in Worship Web, and suggested by Elizabeth Bromley, DRE and Director of Music, UU Church of Berks County, Reading, PA
https://www.uua.org/worship/words/story/umbrella-sanctuary

Wonderful, interactive story about sanctuary by a beloved colleague! A little background from Tim: "I wrote that story during RE Week at the Mountain during the summer of 2014. I was sitting in town during a break, eating at my favorite local restaurant in The Highlands, NC. I was on a covered porch with my laptop, contemplating the service I was leading at my congregation the following Sunday on the theme of Sanctuary. Out of nowhere, the skies opened up and it started to pour. Having no umbrella, I had to wait out the storm on that patio and the idea for Umbrella Sanctuary came to me as I saw others running out of the storm into stores for protection from the rain.

I've now told this story multiple times and have seen others tell the stories at a wide variety of places, including LREDA Fall Con. I find it works best if you have a few umbrellas in the audience and you ask people to open them up at various parts of the story. I also aim for an audience participation element - when I say the word thunder, everyone replied back loudly "Boom!" and whenever I say the word sanctuary, people whisper the word "sanctuary" back to me. It helps keeps kids (and adults!) actively listening to the story!"

Michael Servetus
https://www.uua.org/sites/live-new.uua.org/files/documents/internationalresources/servetus_500_anv_book.pdf
Michael Servetus is sometimes considered a Unitarian martyr. Use this introduction to Michael Servetus, a pioneer of religious freedom, published by the IARF. You may wish to summarize the Trinitarian/Unitarian difference of his day by teaching the way which Trinitarians cross themselves even today (https://www.wikihow.com/Cross-Yourself)

Imagine Servetus as a stubborn and impetuous 20-year-old...
"Let me read a few lines for you from his book "On the Errors of the Trinity," so that you can understand why it was, and in some ways still is, a big scandal, like a sudden, unexpected explosion:

> "To such a degree this tradition of the Trinity was the laughing-stock for

> the Muslims, only God knows. The Jews also recoil in horror from any adherence to this fantasy of ours and they laugh at our stupidity about the Trinity, and because of this kind of blasphemies, they do not believe that Jesus is the Messiah promised by the Law. And not Jews and Muslims, but even the beasts from the countryside would mock us, if they could understand our fantastic opinion, because the whole creation bless the one and only God." (DTE, Book 1)

What do we learn from Servetus? He wrote in the 1600's but he sounds very modern. We can imagine what it must have been like to be making such "explosions" in the prevailing thinking of the day. Some of us are doing it today.
After realizing the anger which he had incited by his book, he found sanctuary by becoming a medical doctor. After years, he returned to Geneva where he thought he might be safe. But his colleague, John Calvin, while a Protestant, betrayed him and did not support him.

What the Turtle Taught Theodore
By Gary Kowalski in UUA Worship Web,
https://www.uua.org/worship/words/time-all-ages/what-turtle-taught-theodore
For Sanctuary as a place of protecting all beings/Animal Blessing

The following short stories illustrate the sanctuary of inner quiet:

Why and Where God Hides
In Tapestry of Faith, Riddle and Mystery, Oh My Soul
https://www.uua.org/re/tapestry/children/riddle/session13/157486.shtml
God looked for a place to hide where people could not find God. God found it inside.

Sitting on the Answer
In Tapestry of Faith, Signs of Our Faith, Seeking Knowledge
https://www.uua.org/re/tapestry/children/signs/session4/answer
What could be a good way to look for answers that are already inside you? Some people use prayer or meditation. Find inner quiet after this short story with a meditation.

How Do We Know?
In Tapestry of Faith, Signs of Our Faith, Seeking Knowledge
https://www.uua.org/re/tapestry/children/signs/session4/how-do-we-know
Students of a Rabbi ask how to know if a wise one is a fake. The answer shows how difficult it is to find inner peace and quiet.

Song for All Ages

Hymns and songs that can be used as a Story for All Ages.
Here's a way to invite the music people into multigenerational worship.
Ask them to offer the Song for All Ages with you or instead of
the minister, lay leader or religious educator.

Would You Harbor Me? - a song of Sanctuary
Video: https://www.youtube.com/watch?v=i0XBXJjoXJ4
Story: A serendipitous life: Ysaye Barnwell and the healing power of music
https://www.washingtonpost.com/lifestyle/style/a-serendipitous-life-ysaye-barnwell-and-the-healing-power-of-music/2015/05/01/718db920-e52e-11e4-905f-cc896d379a32_story.html?noredirect=on&utm_term=.2034774a8418
Tell the story of Ysaye Barnwell, composer of "Would You Harbor Me?" and how she came to music from her study of deaf children, as a member of the group "Sweet Honey in the Rock.".
"About a year after she joined the group, Barnwell's life changed once again. She learned that she would not be granted tenure at Howard.
"Blessings come in very devastating packages sometimes," she says.
She poured her energy into Sweet Honey, writing dozens of songs for the group, including "No Mirrors in my Nana's House" (which also became a children's book) and "Would You Harbor Me." - from the Washington Post

Book Recommendations

Sacred Places
by Philemon Sturges (Author), Giles LaRoche (Illustrator)
https://www.amazon.com/Sacred-Places-Philemon-Sturges/dp/0399233172/ref=sr_1_1?ie=UTF8&qid=1530202938&sr=8-1&keywords=Sacred+Places+by+Sturges

"Describes various types of space which are sacred to the five major world religions, including churches, mosques, synagogues, temples, and other shrines."
- Amazon.
This would be especially stunning with projected pages of the collage art depictions of the sacred spaces.

Sanctuary
by Wendy Marloe (Author), Joanna Chen (Author)

Book: https://www.amazon.com/Sanctuary-Wendy-Marloe/dp/098234953X
Video: (not ideal for sharing but use it to get an idea of the book. The reader is too chatty.)
https://www.youtube.com/watch?v=mFMsZfmyICg

"What's your special place? Inspired by the notion that all people have a special place, Sanctuary explores the possibilities of what this place--big or small, public or private, indoors or out--might be. Drawn sometimes from a child's perspective, and sometimes from an adult point of view, the illustrations suggest the variety of spaces that may give comfort, protection, inspiration, or peace."
- Amazon.
Also suggested through the sessions since it captures so much of the theme. There's no harm in repetition.

I Can Hear the Sun
by Patricia Polacco

Book: https://www.amazon.com/exec/obidos/ASIN/039922520X/majesticwater-20

"Fondo, who lives in a settlement house, is befriended by the park animal keepers, so, when the settlement house decides to send Fondo away, he, with the help of a blind goose, manages to escape, renewing everyone's faith in miracles."
- Amazon.
The mythic story takes place in Oakland, CA. It is a blend of gritty realism about homelessness and a fantasy ending in which Fondo flies away. The sanctuary of the settlement house is a prison, the sanctuary of the geese means acceptance for who Fondo is.

The Journey
by Francesca Sanna (Author)

https://www.amazon.com/Journey-Francesca-Sanna/dp/1909263990/ref=sr_1_1?ie=UTF8&qid=1530275530&sr=8-1&keywords=the+journey+picture+book

"With haunting echoes of the current refugee crisis this beautifully illustrated book explores the unimaginable decisions made as a family leave their home and everything they know to escape the turmoil and tragedy brought by war. This book will stay with you long after the last page is turned.

From the author: The Journey is actually a story about many journeys, and it began with the story of two girls I met in a refugee center in Italy. After meeting them I realized that behind their journey lay something very powerful. So I began collecting more stories of migration and interviewing many people from many different countries. A few months later, in September 2014, when I started studying a Master of Arts in Illustration at the Academy of Lucerne, I knew I wanted to create a book about these true stories. Almost every day on the news we hear the terms "migrants" and "refugees", but we rarely ever speak to or hear the personal journeys that they have had to take. This book is a collage of all those personal stories and the incredible strength of the people within them." - Amazon.

As suggested by Terina Carter, LRE, UU Church of Bloomington-Normal, IL

Stepping Stones: A Refugee Family's Journey (English and Arabic Edition)
by Margriet Ruurs (Author), Falah Raheem (Translator), Nizar Ali Badr (Artist)
https://www.amazon.com/Stepping-Stones-Refugee-Familys-Journey/dp/1459814908/ref=pd_sim_14_1?_encoding=UTF8&pd_rd_i=1459814908&pd_rd_r=fa0dac66-8509-11e8-aded-f58ee0318b53&pd_rd_w=0slcx&pd_rd_wg=bRzCJ&pf_rd_i=desktop-dp-sims&pf_rd_m=ATVPDKIKX0DER&pf_rd_p=7967298517161621930&pf_rd_r=J0YA863YAF7149MV6W4J&pf_rd_s=desktop-dp-sims&pf_rd_t=40701&psc=1&refRID=J0YA863YAF7149MV6W4J&dpID=51jkYCk6FDL&preST=_SX218_BO1,204,203,200_QL40_&dpSrc=detail

"This unique picture book was inspired by the stone artwork of Syrian artist Nizar Ali Badr, discovered by chance by Canadian children's writer Margriet Ruurs. The author was immediately impressed by the strong narrative quality of Mr. Badr's work, and, using many of Mr. Badr's already-created pieces, she set out to create a story about the Syrian refugee crisis. Stepping Stones tells the story of Rama and her family, who are forced to flee their once-peaceful village to escape the ravages of the civil war raging ever closer to their home. With only what they can carry on their backs, Rama and her mother, father, grandfather and brother, Sami, set out to walk to freedom in Europe. Nizar Ali Badr's stunning stone images illustrate the story...a dual-language (English and Arabic) edition." - Amazon.

We Are All Born Free: The Universal Declaration of Human Rights in Pictures
by Amnesty International (Author)
https://www.amazon.com/Are-All-Born-Free-Declaration/dp/1847806635/ref=sr_1_1?s=books&ie=UTF8&qid=1531319388&sr=1-1&keywords=We+are+all+born+free

"The Universal Declaration of Human Rights was signed on 10th December 1948. It was compiled after World War Two to declare and protect the rights of all people from all countries. This beautiful collection, published 60 years on, celebrates each declaration with an illustration by an internationally-renowned artist or illustrator and is the perfect gift for children and adults alike. Published in association with Amnesty International, with a foreword by David Tennant and John Boyne. Includes art work contributions from Axel Scheffler, Peter Sis, Satoshi Kitamura, Alan Lee, Polly Dunbar, Jackie Morris, Debi Gliori, Chris Riddell, Catherine and Laurence Anholt and many more!"

- Amazon.

This book would be especially vibrant with projection.

From North to South/Del Norte al Sur
by René Laínez (Author), Joe Cepeda (Illustrator)
https://fromnorthtosouth.weebly.com/

"Near the border, the cars began to move very slowly. Papá, go fast. I want to see Mamá, I said. José loves helping Mamá in the garden outside their home in California. But when Mamá is sent back to Mexico for not having proper papers, José and his Papá face an uncertain future. What will it be like to visit Mamá in Tijuana? When will Mamá be able to come home? Award-winning children s book author René Colato Laínez tackles the difficult and timely subject of family separation with exquisite tenderness. René is donating a portion of his royalties to El Centro Madre Assunta, a refuge for women and children who are waiting to be reunited with their families up north. Joe Cepeda s bright and engaging illustrations bring this story of hope to vivid life."

- Amazon.

Share this story about a sanctuary for Jose's Mama which is safe.

Calling the Doves/El canto de las palomas
by Juan Felipe Herrera (Author), Elly Simmons (Illustrator)
Book: https://www.amazon.com/Calling-Doves-canto-las-palomas/dp/0892391669/ref=sr_1_1?s=books&ie=UTF8&qid=1531430584&sr=1-1&keywords=Calling+the+doves
Video of an excerpt: https://www.youtube.com/watch?v=2s0rYcWkLa4

"...poet Juan Felipe Herrera's s bilingual memoir paints a vivid picture of his migrant farmworker childhood. His rich, evocative prose re-creates the joy of eating under the open sky, celebrating at a fiesta with other farm families, and listening to his mother singing Mexican songs and his father calling the doves. "A welcome alternative to the usually bleak portrayal of the migrant farmworker experience, this is an inspirational self-portrait of a loving Latino family.

- Booklist.

Hererra describes the tent under which his family creates sanctuary. Use a green blanket or tarp as a prop.

The Breaking News
by Sarah Lynne Reul (Author, Illustrator)
https://www.amazon.com/Breaking-News-Sarah-Lynne-Reul/dp/1250153565/ref=sr_1_1?s=books&ie=UTF8&qid=1531431261&sr=1-1&keywords=the+breaking+news+by+sarah+lynne+reul

"When devastating news rattles a young girl's community, her normally attentive parents and neighbors are suddenly exhausted and distracted. At school, her teacher tells the class to look for the helpers—the good people working to make things better in big and small ways. She wants more than anything to help in a BIG way, but maybe she can start with one small act of kindness instead . . . and then another, and another. Small things can compound, after all, to make a world of difference.

The Breaking News by Sarah Lynne Reul touches on themes of community, resilience, and optimism with an authenticity that will resonate with readers young and old."
- Amazon.
How to create sanctuary when things feel very hard.

UU Connections of the Month

Resources to celebrate the relationship between UU identity and the theme. Each month we highlight how the monthly theme relates to a UU hero/heroine, UU thinker, UU liturgy (song, poem or story) and UU historical event.

Hero/Heroine/Thinker

UU Martyr Michael Servetus and his dream of sanctuary for free thinkers
The story of Michael Servetus, 15th c. theologian of Unitarianism who was burned at the stake after his hope of sanctuary failed. Reader's theatre for Youth and Young Adults.

Liturgy

UU Use of worship sanctuaries in Session #1.
This session explores the use of the word "Sanctuary" to describe the meeting place of UU's and its origin in the medieval churches in Europe. Take a tour of your sanctuary after the service.

Historical Events

UU Involvement in the Sanctuary movement

UU's were the first national religious denomination to endorse the New Sanctuary Movement. Explore the meaning of being a Sanctuary Church in Session #2.

Austin, TX: https://www.uuworld.org/articles/deciding-offer-sanctuary
Reno, NV: http://org.salsalabs.com/o/1272/t/0/blastContent.jsp?email_blast_KEY=1337192
"In May 2007, the UUA became the first national religious denomination to endorse the New Sanctuary Movement. UUA President William G. Sinkford sent a statement of support that was read at events in San Diego, Los Angeles, and Chicago announcing the launch of a New Sanctuary Movement. UUA support of the New Sanctuary Movement draws upon our history of involvement with the original sanctuary movement, our purposes and principles, and recent statements by the UUA General Assembly regarding immigration. These statements strongly condemn the current immigration system, support immigration reform, and encourage support for immigrants, regardless of immigration status... (A Call to Conscious, Humane Treatment of Immigrants, 1995 Resolution of Immediate Witness)."
https://www.uua.org/sites/live-new.uua.org/files/documents/washingtonoffice/sanctuary_issuebrief.pdf
UUs & The New Sanctuary Movement - UU World
https://www.uuworld.org/hashtag/new-sanctuary-movement

UU Green Sanctuaries and Welcoming Congregation congregations
If your congregation has worked to become one or both of these designated sanctuaries, explore the meaning and process. Invite a leader to the reflection circle for elementary children in Session #3.

Sessions

Session 1
Our Worship Sanctuaries:
The Spaces that Hold Us and Our Values

Young Children (P - K)

Wonder Box

Place inside: a small chalice, a cloth (small olivewood chalices available at https://www.christianbook.com/olive-wood-communion-cup-1-5-/pd/882203?en=google&event=SHOP&kw=gift-and-home-0-20%7C882203&p=1179710&dv=c&gclid=Cj0KCQjwm6HaBRCbARIsAFDNK-ho8gxhqY-51dDgO5pGHbHv8tPD8HmSQwuGUwQiPLcOjvdu56S0IaAaAmPzEALw_wcB)

What is in the wonder box? It is a chalice! The chalice is the symbol of our congregation. That means we use the chalice in our worship.
We come to this place to worship, to see our friends and to be comforted. Here in this group, we gather in a circle. The grown-ups gather in the sanctuary. Sanctuary means a place of safety and a special place. How could we make our circle like a sanctuary? How would we make it a special place? *Pull out the cloth.* We could make it special by adding a pretty cloth under the chalice. We could make our circle special by adding (a beautiful picture, an art object, some flowers, etc.) We could make our sanctuary a place of quiet. Can we sit quietly for a few moments and look at our pretty chalice centerpiece? …
We can make our circle a sanctuary by giving our friends sitting next to us a hug or a smile.
We can make our circle a sanctuary by making it a place of love and friendship.

Story

Your Own Book
Consider creating a book of photos of your facility, using a service like Shutterfly. Invite the children to view the photos before taking a tour of your facility.

The Kissing Hand (The Kissing Hand Series)
by Audrey Penn (Author), Ruth E. Harper (Illustrator), Nancy M. Leak (Illustrator)
Book: https://www.amazon.com/Kissing-Hand/dp/1933718005/ref=sr_1_20?s=books&ie=UTF8&qid=1531501754&sr=1-20&keywords=going+to+preschool+book
Video: https://www.youtube.com/watch?v=dPUW1t9Gu4s

“School is starting in the forest, but Chester Raccoon does not want to go. To help ease Chester's fears, Mrs. Raccoon shares a family secret called the Kissing Hand to give him the reassurance of her love any time his world feels a little scary. Since its first publication in 1993, this heartwarming book has become a children's classic that has touched the lives of millions of children and their parents, especially at times of separation, whether starting school, entering daycare, or going to camp. It is widely used by

kindergarten teachers on the first day of school. - Amazon. Coming into Preschool in the congregation can feel like the first day of school, too. Create a feeling of safety and comfort, of sanctuary, for the children.

Maisy Goes to Preschool
by Lucy Cousins (Author)
Book: https://www.amazon.com/Maisy-Goes-Preschool-First-Experiences/dp/0763650862/ref=sr_1_1?s=books&ie=UTF8&qid=1531502117&sr=1-1&keywords=going+to+preschool+book
Video: https://www.youtube.com/watch?v=_oiqtunlFTQ

"Preschool for Maisy means a day filled with friends and things to do, from the time she hangs her coat on a special peg to the time she says good-bye. There's painting and snack time, stories and nap time (and a bathroom break in between). Soon everyone's ready to haul out the instruments and make some noise, then head outside for a turn at the sandbox or slide. In a bright, full-size storybook full of familiar scenes, this child-friendly look at a day in the life of a preschooler is one that newcomers and seasoned pros alike will be happy to share." Going to preschool Sunday School can be as fun and friendly, too.

Sanctuary
by Wendy Marloe (Author), Joanna Chen (Author)
Book: https://www.amazon.com/Sanctuary-Wendy-Marloe/dp/098234953X

"What's your special place? Inspired by the notion that all people have a special place, Sanctuary explores the possibilities of what this place--big or small, public or private, indoors or out--might be. Drawn sometimes from a child's perspective, and sometimes from an adult point of view, the illustrations suggest the variety of spaces that may give comfort, protection, inspiration, or peace." - Amazon. Also suggested through the sessions since it captures so much of the theme. There's no harm in repetition.

Meditation

Visual Meditation

- Ask the children to remain in a contemplative mindset, with minimal talking and play. Remind them that the silence in sanctuary is protection from the noise of the outside world. Play meditative music.
- Ring the meditation bell and ask children to raise their hands when they can no longer hear the sound of the bell.
- Distribute drawing/painting supplies and again invite children to remain in the silence of sanctuary. Invite them to draw/paint their own sacred space. Where do people sit? Is it inside or outside? How do people know that they are in a place of sanctuary? Are there other creatures in this Sanctuary?
- Ask the children to begin imagining who might want to find safety and sacredness in this Sanctuary. Begin drawing them.
- Take a moment and close your eyes. Imagine that your sanctuary is real, that the people in your sanctuary are worshipping/praying/singing/meditating with you in yours.
- How does that make them feel? How does it make you feel?
- Return to silence for a brief moment, ring the bell to close the meditation.
  From Rev. Jaelynn P. Scott

Songs and Fingerplays

Here is the Church
https://www.youtube.com/watch?v=-H3E33o4URc

Find a Friend at Church and other songs
https://www.uua.org/re/tapestry/children/chalicechildren/session2/297680.shtml

Tour of the Inside/Outside

From Tapestry of Faith; Chalice Children; Tour
Choose one or both of inside and/or outside of the facility to tour.
Inside: https://www.uua.org/re/tapestry/children/chalicechildren/session2/297679.shtml

We take care of our room, and our congregation (church.) We make it safe and fun and beautiful. The place where the grownups meet is called the sanctuary. Sanctuary is our theme this month. It means a place that is safe and beautiful.

Sanctuary Building

Build a Sanctuary
Invite the children to build their own sanctuary. Here are a variety of ways:

- Use whatever blocks or manipulatives available.
- Consider bringing in a sheet or blankets to throw over chairs and a table.
- Find a large box and help the children cut out windows and doors
- Use a small box and build a sanctuary for a stuffed animal or pretend people.

"Sunshine" (connection with nature and our bodies)

Tour the Outside of your facility
From Tapestry of Faith; Chalice Children; Tour of the Outside
https://www.uua.org/re/tapestry/children/chalicechildren/session3/297812.shtml

Service

While you are on your tours, pick up trash, clean places which are dusty, sort supplies. Sort "dead" markers by testing them on scratch paper and recycling the ones which need replacing.
http://www.crayola.com/colorcycle.aspx

Elementary Aged Children (1st - 5th)

Reflections

Prop: stained glass piece or picture

The theme this month is "How are we a people of Sanctuary?" Sanctuary means…. what do you think? We call the meeting room for the adults, the "Sanctuary." Our Christian cousins call their meeting room a sanctuary as well. It means a holy place. In the old days, Medieval days, the builders of Cathedrals

included stained glass as a way to create a sanctuary which was filled with the light of God. We UU's don't think of our sanctuaries as a home of God, but as a place that is made holy by the gathering of our community to worship. Sanctuaries reflect our values. The seating, the walls, the windows all are part of what we want to say about what we find holy.
If you have any stained glass in your facility, describe it here. Or show some of these UU stained glass pieces digitally:

- Fibonacci chalice shows how we value science and math as a source of our living tradition. https://www.uuworld.org/articles/creation-fibonacci-chalice
- The Rehnberg Window shows how we value wisdom from many faiths https://www.uuworld.org/articles/power-community?utm_source=f

Invite the children to suggest what UU's find holy by the architecture and stained-glass images.

Sanctuary also means a place of safety. Some churches are providing safe sanctuaries for immigrants in danger of being sent back to their country, called deportation. Sometimes we call places of rest and safety for animals - Wildlife Sanctuaries or even Plant Sanctuaries.

Story

Cathedral: The Story of Its Construction, Revised and in Full Color
by David Macaulay (Author) https://www.amazon.com/Cathedral-Story-Construction-Revised-Color/dp/054410000X/ref=sr_1_2?s=books&ie=UTF8&qid=1531501024&sr=1-2&keywords=cathedral+david+macaulay

"Journey back to centuries long ago and visit the fictional people of twelfth-, thirteenth-, and fourteenth-century Europe whose dreams, like Cathedral, stand the test of time." - Amazon. Consider using the video excerpts as well, listed below.

Sanctuary
by Wendy Marloe (Author), Joanna Chen (Author)

Book: https://www.amazon.com/Sanctuary-Wendy-Marloe/dp/098234953X
Video: (not ideal for sharing but use it to get an idea of the book. The reader is too chatty.)
https://www.youtube.com/watch?v=mFMsZfmyICg

"What's your special place? Inspired by the notion that all people have a special place, Sanctuary explores the possibilities of what this place--big or small, public or private, indoors or out--might be. Drawn sometimes from a child's perspective, and sometimes from an adult point of view, the illustrations suggest the variety of spaces that may give comfort, protection, inspiration, or peace." - Amazon. Also suggested through the sessions since it captures so much of the theme. There's no harm in repetition.

Meditation

Supplies: Canvas/paper, paint, markers, meditation bell, meditative music

Opening
After reading about sanctuary as a place of worship and refuge. Discuss sacred spaces, all of the places that people have gathered to pray, sing, dance, and meditation. (e.g. meditation caves, churches, hush arbors, fire circles, nature, waterfronts, and etc.) What makes these places sacred?

Visual Meditation
Ask the children to remain in a contemplative mindset, with minimal talking and play. Remind them that the silence in sanctuary is protection from the noise of the outside world. Play meditative music.
Ring the meditation bell and ask children to raise their hands when they can no longer hear the sound of the bell.
Distribute drawing/painting supplies and again invite children to remain in the sanctuary of silence.
Invite them to draw/paint their own sacred space. Are there any religious symbols? Is there an altar? Where do people sit? Is it inside or outside? How do people know that they are in a place of sanctuary? Are there other creatures in this Sanctuary?
Ask the children to begin imagining who might want to find safety and sacredness in this Sanctuary. Begin drawing them.
Take a moment and close your eyes. Imagine that your sanctuary is real, that the people in your sanctuary are worshipping/praying/singing/meditating with you in your sanctuary.
How does that make them feel? How does it make you feel?
Return to silence for a brief moment, ring the bell to close the meditation.
- From Rev. Jaelynn P. Scott

Role Play a Sanctuary

Recreate the church's Sanctuary in the classroom so everyone can experience that holy space on a smaller scale (pulpit, chalice, pews, order of service, hymnals, etc.), and having children as the different roles of minister, choir, worship associate, a/v tech, ushers, etc. All of this done with the question, what does it take to create a holy space? As suggested by Samantha Dickerson, DRE, Conejo Valley UU, Newbury Park, CA

Arts and Crafts for Sanctuary - Stained Glass

Use a UU themed coloring page to invite the children to make "stained glass" as in the medieval sanctuaries. The stained glass lets in beautiful light, the inner divine, the light of God, the light inside all of us.
How to make a coloring sheet into "stained glass" - https://lessons4littleones.com/2015/12/16/how-to-turn-a-coloring-page-into-a-stained-glass-window-decoration/

UU Stained Glass Coloring Sheets
https://www.pinterest.com/pin/78250112256664574/
https://www.uua.org/worship/words/image/harvest-basket-chalice-coloring-page
Hidden Flaming Chalice Stained Glass in UU Kids Book, pg. 26
https://www.uua.org/worship/words/image/doodles-and-zentangles
https://www.uua.org/worship/words/image/love-doodle
https://www.uua.org/worship/words/image/uu-coloring-page
Rev. Cynthia Landrum's Filling the Chalice Coloring Book pages available from the UUA Bookstore at https://www.uuabookstore.org/Filling-the-Chalice-P17782.aspx

Videos on Sanctuary

BBC - How to Build a Cathedral
https://www.youtube.com/watch?v=TrAoqIsbD9M

Show excerpt 34:00 - 37:35 to illustrate the Sacred Theatre of a Gothic Cathedral.

PBS - Cathedral - David Macauley
https://www.youtube.com/watch?v=MZpOd2pHil0

Show excerpt 9:15 - 14:49, an animated short about the building of the cathedral.

Sanctuary Games

Hide and Seek Sanctuary
https://www.britannica.com/topic/hide-and-seek-game
Be sure to add a "Sanctuary" (Home base) element to the game.
Variations:
Wave and Sardines
https://www.theguardian.com/lifeandstyle/2008/nov/23/13

"Sunshine" (connection with nature and our bodies)

Nature's Sanctuary
Invite the children to lie down under a tree and look up at the sky through the branches and leaves. This is nature's stained glass. Allow them to rest under the tree and imagine they are in an outdoor sanctuary filled with safety and beauty.

Service

Arrange for the children to enter the adult sanctuary after the service and help pick up things people have left behind. Invite them to the pulpit and chalice. This would be a good time for the minister to spend time visiting with the children about what makes the sanctuary a safe and beautiful place.

Session 2
The Sanctuary Movement:
Being a Shelter For Each Other

This session lifts up our UU Identity by exploring Unitarian Universalism's involvement in the New Sanctuary Movement.

Young Children (P - K)

Wonder Box

Place inside: a blankie (blanket)

I wonder what is in the box… (pull out the blankie) Here is a blankie! It is soft and cuddly. Do you have a special blankie or stuffed animal?... Your blankie gives you a place that feels safe when you wrap yourself up or hold it in your hand. We call that a sanctuary. Sanctuary is the theme here at church this month.

I wonder who this blankie belongs to? (Pull out a puppet) "It's mine! That is my special blankie." (The puppet should dive under its blankie and cover its head. Carry on the following conversation with the puppet, called here, Mr. Bear)

That looks like a very special Blankie, Mr. Bear.

It is. I need it when I am scared or sad or even just a little lonely.

We are talking about places which help you when you are scared or sad or even just a little lonely. We call them sanctuaries. Your blankie is your sanctuary, Mr. Bear.

(Mr. Bear comes out from his sanctuary blankie.)

Yes, it is my sanctuary!

And when you come out into this friendly place, this whole room can be your sanctuary, Mr. Bear, because these children are friendly and helpful.

Wow, this whole room is a sanctuary!

And sometimes, this whole church is a sanctuary, when all the people are friendly and helpful.

Wow, this whole place is a sanctuary!

There are churches who invite a person who is in danger to live in the whole church, to sleep there, to eat there, and to live there. These are called Sanctuary Churches.

They even live there?

Yes, for a time, and then they finally find their own home.

If I lived in a Sanctuary church would I be able to have my blankie?

Yes, you wouldn't have a lot of things, but you certainly would have your blankie!

Story

Sanctuary
by Wendy Marloe (Author), Joanna Chen (Author)
Book: https://www.amazon.com/Sanctuary-Wendy-Marloe/dp/098234953X

The Peace Book
By Todd Parr (author)
Book: https://www.amazon.com/Peace-Book-Todd-Parr/dp/0316043494/ref=sr_1_1?s=books&ie=UTF8&qid=1527872263&sr=1-1&keywords=Peace+todd+parr
Video: https://www.youtube.com/watch?v=kEbS6L-_xAU

Meditation

Visual Meditation

- Ask the children to remain in a contemplative mindset, with minimal talking and play. Remind them that the silence in sanctuary is protection from the noise of the outside world. Play meditative music.
- Ring the meditation bell and ask children to raise their hands when they can no longer hear the sound of the bell.
- Distribute drawing/painting supplies and again invite children to remain in the "sanctuary of silence." Invite them to draw/paint their own sacred space. Where do people sit? Is it inside or outside? How do people know that they are in a place of sanctuary? Are there other creatures in this Sanctuary?
- Ask the children to begin imagining who might want to find safety and sacredness in this Sanctuary. Begin drawing them.
- Take a moment and close your eyes. Imagine that your sanctuary is real, that the people in your sanctuary are worshipping/praying/singing/meditating with you in yours.
- How does that make them feel? How does it make you feel?
- Return to silence for a brief moment, ring the bell to close the meditation.

From Rev. Jaelynn P. Scott

Songs and Fingerplays

The More We Get Together

The more we get together, together, together
The more we get together, the happier will be.
For your friends are my friends,
And my friends are your friends,
The more we get together, the happier will be.

Add verses with actions and encourage the children to do the actions together:
The more we play together, together, together…

The more we hug each other, each other, each other…
The more we jump together, together, together…

Do some examples and then let the kids suggest new verses!

If You Want to Be a Friend
Tune: "If You're Happy And You Know It"

If you want to be a friend, clap your hands.
(Clap twice)
If you want to be a friend, clap your hands.
(Clap twice)

A friend is someone who,
Is always kind to you.
If you want to be a friend, clap your hands.
(Clap twice)

Let the kids make up other verses such as: spin around, give a hug, or shout "hooray!"

Video: Don Williams Emmy Lou Harris - If I Needed You (with lyrics)
https://www.youtube.com/watch?v=QHoAg-LlVVM
Play this song while making sanctuaries. A lovely song translated to the sanctuary which loving arms make for children.

Activities

Make a sanctuary for a stuffed animal
Provide a variety of small blankets, pillows and boxes. Invite the children to make sanctuaries for some puppets and stuffed animals. Or use felt squares as blankets. Role play living in their sanctuaries and visiting each other.

Arts and Crafts

Make a beetle sanctuary
http://www.dltk-kids.com/animals/songs/mmilne-forgiven.htm
Read the poem "Forgiven" about Christopher Robin and his matchbox sanctuary for a beetle. Invite the children to make tiny matchbox sanctuaries for their own beetle or roly-poly bug. Place tiny scraps of fabric in the matchbox. Glue some decor the beetle might like on the cover.
The easiest way to find matchboxes is to simply buy them and empty them out. Offer the extra matches at coffee hour.

Movement

Me and my Sanctuary
Bring out some sheets or a parachute. Snuggle under the sheet/parachute and let it be the roof of a sanctuary for the children. After some time experimenting with creating the sanctuary, sing or play a lullaby to help them feel safe and comfortable.

"Sunshine" (connection with nature and our bodies)

Search for beetles and roly-polys
Invite the children to search for a small beetle or roly-poly who could live in their matchbox sanctuary for a little while. Be sure to prepare the children to let them go at the end of the play time. Suggest that they could find another little beetle at their home later.

Service (to others)

Invite the parents and siblings to join the children in their Sanctuary of a sheet or parachute. How does it feel to be all snuggled up? Sing one of the songs above about being friends together. The loving arms of family is an important sanctuary for children.

Elementary Aged Children (1 - 5th)

Reflection

Props: statue of liberty figurine or photo

The theme for this month is "How are we a people of Sanctuary?" What does the word "Sanctuary" mean to you?... We call our meeting room a sanctuary. A sanctuary is a sacred place. It is a place of safety and refuge. What is this statue? Hold up the Statue of Liberty. There is a piece of a poem about this statue that has to do with sanctuary:

"...A mighty woman with a torch, whose flame
Is the imprisoned lightning, and her name
Mother of Exiles. … cries she
With silent lips. "Give me your tired, your poor,
Your huddled masses yearning to breathe free,
The wretched refuse of your teeming shore.
Send these, the homeless, tempest-tost to me,
I lift my lamp beside the golden door!"" - The New Colossus
Emma Lazarus, 1849 - 1887

This poem is on the Statue of Liberty. Has anyone seen it?...

Many people come to America for safety and refuge. They are called immigrants. In fact, the only people who aren't immigrants would be the Native Americans. Right now, our country is struggling with the idea of immigration. Some people believe we are letting too many people come into the country. So they are picking them up and sending them back to their original homes. This is called "being deported." But some immigrants are afraid to go back home because there is little work or food or because there is war or gangs. Many people in our country don't think we should send them back to their home countries. Many of those are religious people, including many UUs. So instead of letting the government send the immigrants back, these people are protecting immigrants inside their churches, because government and police won't go into holy places and remove people. Because the word sanctuary means safety, these churches are call "sanctuary churches."

Story

Her Right Foot

by Dave Eggers (Author), Shawn Harris (Artist)
https://www.amazon.com/Her-Right-Foot-Dave-Eggers/dp/1452162816/ref=sr_1_2?s=books&ie=UTF8&qid=1531577213&sr=1-2&keywords=her+right+foot+by+dave+eggers

"If you had to name a statue, any statue, odds are good you'd mention the Statue of Liberty. Have you seen her? She's in New York. She's holding a torch. And she's in mid-stride, moving forward But why?

In this fascinating and fun take on nonfiction, Dave Eggers and Shawn Harris investigate a seemingly small trait of America's most emblematic statue. What they find is about more than history, more than art. What they find in the Statue of Liberty's right foot is the powerful message of acceptance that is

essential of an entire country's creation. A Publishers Weekly Best Book of the Year. A School Library Journal Best Picture Book of the Year." - Amazon.

Friends from the Other Side / Amigos del otro lado
by Gloria Anzaldua (Author), Consuelo Mendez (Illustrator)
https://www.amazon.com/Friends-Other-Side-Amigos-otro/dp/0892391308/ref=sr_1_1?s=books&ie=UTF8&qid=1531519950&sr=1-1&keywords=Friends+from+the+Other+Side+%2F+Amigos+del+otro+lado

"Did you come from the other side? You know, from Mexico?" So begins the friendship between Prietita and Joaquín, the young boy who, with his mother, has crossed the Rio Grande River to Texas in search of a new life. Prietita, a brave young Mexican American girl, defends Joaquín from the neighborhood kids who taunt him with shouts of "mojado" or "wetback." But what can she do to protect Joaquín and his mother from the Border Patrol as the van cruises slowly up the street toward their hiding place? Writer Gloria Anzaldúa is a major Mexican American literary voice. Illustrator Consuelo Méndez is a noted Latin American artist. Both grew up in South Texas. In this, their first collaboration, they have captured not only the hardship of daily life on the border, but also the beauty of the landscape and the dignity and generosity of spirit that the Mexican Americans and the Mexican immigrants share. - Amazon

Immigrant finds sanctuary in Denver Unitarian church
Denver-area Unitarian Universalist congregations join new sanctuary movement.
By Elaine Mcardle | 11/10/2014 in the UU World
https://www.uuworld.org/articles/immigrant-sanctuary-denver

"By offering refuge on October 21 to a 15-year Denver resident and father of two who is seeking to avoid deportation to Mexico, First Unitarian Society of Denver became the first Unitarian Universalist congregation to house an immigrant as part of the new Sanctuary Movement, which sprung up this year in response to the national immigration justice crisis. _ - UU World. Consider using this magazine article as a story to describe how UU congregations are offering sanctuary.

Mama's Nightingale: A Story of Immigration and Separation
by Edwidge Danticat (Author), Leslie Staub (Illustrator)
https://www.amazon.com/Mamas-Nightingale-Story-Immigration-Separation/dp/0525428097

"After Saya's mother is sent to an immigration detention center, Saya finds comfort in listening to her mother's warm greeting on their answering machine. To ease the distance between them while she's in jail, Mama begins sending Saya bedtime stories inspired by Haitian folklore on cassette tape. Moved by her mother's tales and her father's attempts to reunite their family, Saya writes a story of her own—one that just might bring her mother home for good." - Amazon

Other Books about Immigration and Family Separation
http://blog.leeandlow.com/2018/07/11/using-childrens-books-to-talk-about-family-separation-and-immigration/
https://www.npr.org/2018/07/10/626184256/new-kids-books-put-a-human-face-on-the-refugee-crisis

Videos

Virtual Tour of the Statue of Liberty
https://www.nps.gov/stli/learn/photosmultimedia/virtualtour.htm

Video: Don Williams Emmy Lou Harris - If I Needed You (with lyrics)
https://www.youtube.com/watch?v=QHoAg-LlVVM
Play this song while making sanctuaries. A lovely song translated to the sanctuary which loving arms make for children.

Meditation

Supplies: Canvas/paper, paint, markers, meditation bell, meditative music

Opening
After hearing about sanctuary as a place of worship and refuge. Discuss sacred spaces, all of the places that people have gathered to pray, sing, dance, and meditation. (e.g. meditation caves, churches, hush arbors, fire circles, nature, waterfronts, and etc.) What makes these places sacred?

Visual Meditation
Ask the children to remain in a contemplative mindset, with minimal talking and play. Remind them that the silence in sanctuary is protection from the noise of the outside world. Play meditative music.
Ring the meditation bell and ask children to raise their hands when they can no longer hear the sound of the bell.
Distribute drawing/painting supplies and again invite children to remain in the sanctuary of silence.
Invite them to draw/paint their own sacred space. Are there any religious symbols? Is there an altar?
Where do people sit? Is it inside or outside? How do people know that they are in a place of sanctuary?
Are there other creatures in this Sanctuary?
Ask the children to begin imagining who might want to find safety and sacredness in this Sanctuary.
Begin drawing them.
Take a moment and close your eyes. Imagine that your sanctuary is real, that the people in your sanctuary are worshipping/praying/singing/meditating with you in your sanctuary.
How does that make them feel? How does it make you feel?
Return to silence for a brief moment, ring the bell to close the meditation.

Option 2.
Opening
Reflect on how it must feel to need sanctuary and how it feels to receive Sanctuary.
Body Prayer
Form a circle & play light/contemplative music.
With mindfulness, move slowly and intently into the middle of the circle one person at a time. At the same time the second person explores mindfully and slowly the outside of the circle. This practice is called aimless wandering, a practice of just letting your instinct guide you through the space. In this practice we give each the space to explore and do not interact with others.
When the first two return from exploring, the next two persons explore.
Depending on the comfort of the group and as the movement in and out of the circle continues, add slow and gentle expressive movements to your exploration.
Pay attention to how it feels to be inside and outside of the circle. Do the expressions of your body change?

Do you feel safe, protected, vulnerable, lonely inside the circle? Do you feel safe, protected, vulnerable, lonely outside of the circle?
Take a moment to think reflect on the complicated feelings of those in need of and who have found refuge in congregations. Remember the complexity of feeling that the group had and reflect on the conflicting and complex emotions of those persons who seek refuge in our congregations.
End the Body Prayer with a few words of well-wishing to those in need of refuge in this world.

- From Rev. Jaelynn P. Scott

Activities for exploring Sanctuary and Protecting People

Learning About Human Rights
From Amnesty International
https://www.amnesty.org.uk/files/2017-10/Learning%20about%20Human%20Rights%20in%20the%20Primary%20School.pdf?6LHwLag65YC1REWw5zzBEfMPKx2iBD.S

See especially the sessions:
#3 - What's Fair and Unfair?
#5 - Exploring Identity
#6 - We are All Born Free
#7 - Up the Street
As suggested by Terina Carter, LRE, UU Church of Bloomington-Normal, IL

Could We Be a Sanctuary Congregation?
From the UUA's Sanctuary Toolkit
https://uucsj.org/wp-content/uploads/2017/03/Sanctuary-Toolkit-2017.pdf
For older children, review the questions in the toolkit about your church being a sanctuary to house someone – what would you need to have to offer that? If you can't offer that, what else can you do to help? See especially pg. 16 - Assessing Your Capacity. For more concrete questions see "Review Your Physical Space" pg. 18. For alternatives to being a Sanctuary congregation, see pg. 12. Explore this history making piece of UU Identity. Suggested by Terina Carter, LRE, UU Church of Bloomington-Normal, IL

We are a Sanctuary Congregation
For those who are already a Sanctuary Congregation, use this opportunity to introduce and educate the children about how the congregation made the decision, who is there, why, and what is involved. How can the children help? Explore this history making piece of UU Identity.

Searching for Sanctuary Congregations
https://www.uua.org/immigration/witness/partners/new-sanctuary-congs
If you are a Sanctuary Congregation, visit this sight and see your church listed! Invite the children to check out their own state and the UU congregations listed in their state.

Arts and Crafts

Letter Writing
https://www.whitehouse.gov/get-involved/write-or-call/

Write a letter to the President or another political leader about how we must find a way to protect people as part of our American heritage and ethics. For those who are not writers, suggest that they draw a picture of the Statue of Liberty. Consider including a copy of the poem as a reminder of what the Statue of Liberty stands for.

A Special Poem and Statue
http://www.patrioticcoloringpages.com/statue-of-liberty/004-statue-of-liberty-poem.html

Color the Statue of Liberty along with the poem about giving sanctuary.

"Sunshine" - connection to Movement and Nature

Carry the Flame of Sanctuary
"[The Statue of Liberty] carries enlightenment to the world with the forever-lit torch (Liberty's original name was Liberty Enlightening the World). Along with tools, the ability to create fire is one of the skills that led to civilization as we know it. Fire is symbolic of knowledge and brings light to the people." - https://www.howtallisthestatueofliberty.org/what-does-the-statue-of-liberty-represent/
We also have a flame, a flame on our chalice that represents the light of truth and the energy of action.

1. Cut off the top of a milk jug to make an open "torch" with a handle. Tape the cut edges. Use small red, yellow and orange balloons to symbolize the flames. Invite the children to try to catch the flames with the torch.
2. If you have a parachute, invite the children to carry the flames of the red, orange and yellow balloons in the giant chalice of the parachute.
3. Create streamers of red, yellow and orange ribbon or crepe paper and invite the children to move with the light of truth and the energy of action.

Service (to others)

With the many rallies and marches happening, children could create their own protest signs, and maybe hold/lead a mini rally during social hour, even learn and lead chants and songs. As suggested by Samantha Dickerson, DRE, Conejo Valley UU, Newbury Park, CA

Extend the letter writing on a table after the service for all the congregants.

Session 3

Animal Sanctuaries and Green Church Sanctuaries: Supporting the Sanctuaries that Support All of Us

Young Children (P - K)

Wonder Box

Place inside: a small duck stuffed animal or duck figurine or photo of a duck. Ask the congregation if anyone owns a pet duck who could visit the group.

I wonder what is in the box… (pull out the duck) Here is a duck! We take care of animals. We don't disturb ducks when they live in ponds. Some people care for ducks as pets. Ducks need places to live that are safe. We can call these places sanctuaries. What does a duck need to be safe? Some water to swim in, a place to be out of the cold or heat, a safe place to nest and lay eggs.

Story

John Philip Duck: by Patricia Polacco (Author, Illustrator)

Book: https://www.amazon.com/John-Philip-Duck-Patricia-Polacco/dp/0399242627/ref=sr_1_1?s=books&ie=UTF8&qid=1531237391&sr=1-1&keywords=John+Philip+duck
Videos about the ducks of the Peabody Hotel:
https://www.youtube.com/watch?v=T97pv97V7Kc Animal Planet
https://www.youtube.com/watch?v=fyin2D-K984 Coming in

"Edward loves his pet duck more than anything. He raised it from a baby, and now it follows him everywhere, even to the big fancy hotel in Memphis where he works with his father. Everyone at the Peabody loves to watch that little duck do tricks; why, it can even waddle up and down in time to a John Philip Sousa march, which is why Edward decides to name it John Philip.
But one day the hotel owner finds John Philip in his lobby fountain and he is NOT amused. Until Edward has an idea. What if he can train a bevy of ducks to march along behind him, swim in the fountain all day, and then march out every evening? If Edward can do that, the owner tells him, he and John Philip will have a permanent place at the Peabody. But can it really be done? Based on the real-life tradition of the Hotel Peabody Ducks..." - Amazon. In the Animal Planet video about the Peabody Hotel ducks, they note that the ducks serve as hotel ducks for 3 months and then are returned to a pond. That helps all the ducks enjoy the fountain and rooftop duck palace as a sanctuary, but not get worn out with all the people and publicity.

Lemon the Duck by Laura Backman (Author), Laurence Cleyet-Merle (Illustrator)

Book: https://www.amazon.com/Lemon-Duck-Laura-Backman/dp/1897550251/ref=sr_1_1?s=books&ie=UTF8&qid=1531242986&sr=1-1&keywords=Lemon+the+Duck

Video: https://www.youtube.com/watch?v=r1VKbOpGQA4&list=PL1351A3DC70058591
Lemon the Duck is 10 years old https://www.youtube.com/watch?v=wkPVizajKxc (12 min)

"... based on the inspirational story of Lemon the Pekin duck (as seen on MSNBC and in TIME for Kids), who was born in an elementary school classroom. Neurological issues make Lemon unable to walk, but with the support of a compassionate teacher and her students, Lemon is still able to become one happy duck! In the story, Ms. Lake and her class conduct an egg-hatching project in school and on the big day, welcome four little ducklings into the world. The students soon realize that the soft yellow one they named Lemon looks like a duck and quacks like a duck but can't stand up and walk like a duck. They worry that Lemon won't be happy if she can't do all the things ducks love to do and work together to help Lemon thrive. Through caring for Lemon, the students share her in victories and learn that acceptance, love, and extra special care can go a long way. They also come to understand that her difference doesn't make Lemon any less special. To learn more about Lemon, visit www.lemontheduck.com"

- Amazon.

Creating sanctuary means making a place where Lemon can feel safe and happy.

Our Farm: By the Animals of Farm Sanctuary
by Maya Gottfried (Author), Robert Rahway Zakanitch (Illustrator)
https://www.amazon.com/Our-Farm-Animals-Sanctuary/dp/0375861181/ref=sr_1_11?s=books&ie=UTF8&qid=1531497373&sr=1-11&keywords=children%27s+stories+of+sanctuary

"Maya the cow, J.D. the piglet, Hilda the sheep, and a dozen more animals all speak directly to the reader, showing off their unique personalities in this wonderful collection of poems. Master watercolorist Robert Rahway Zakanitch provides a portrait that perfectly captures the essence of each creature. Together the poems and paintings add up to a picture of life on the friendliest farm around. Maya Gottfried based her poems on real animals from Farm Sanctuary, a safe haven for injured or abused farm animals with locations in New York and California." - Amazon

Meditation

Visual Meditation

- Ask the children to remain in a contemplative mindset, with minimal talking and play. Remind them that the silence in sanctuary is protection from the noise of the outside world. Play meditative music.
- Ring the meditation bell and ask children to raise their hands when they can no longer hear the sound of the bell.
- Distribute drawing/painting supplies and again invite children to remain in the silence of sanctuary. Invite them to draw/paint their own sacred space. Where do people sit? Is it inside or outside? How do people know that they are in a place of sanctuary? Are there other creatures in this Sanctuary?
- Ask the children to begin imagining who might want to find safety and sacredness in this Sanctuary. Begin drawing them.
- Take a moment and close your eyes. Imagine that your sanctuary is real, that the people in your sanctuary are worshipping/praying/singing/meditating with you in yours.
- How does that make them feel? How does it make you feel?
- Return to silence for a brief moment, ring the bell to close the meditation.

From Rev. Jaelynn P. Scott

Songs and Fingerplays

Five Little Ducks: https://www.youtube.com/watch?v=FG6GXdUOR_Y
Six Little Ducks with Raffi: https://www.youtube.com/watch?v=t-GDn2xvFQQ

Activities for Sanctuary and protecting all beings and ducks

Water Play Table
Add rubber duckies or sponges cut out in duck shapes. Can the children make the water a place of sanctuary for the ducks? Can they swim together, swim apart, chase each other, give duck kisses?

Arts and Crafts

Paint with feathers
Invite the children to paint with feathers. Feathers help make duck nests soft for the eggs and babies. The sanctuary of a nest is important for eggs and ducklings.

Movement

March like the Ducks!
Play some John Philips Sousa Marches https://www.youtube.com/watch?v=l-m3XHUSN08
And invite the children to march around the room just like the ducks in the Peabody Hotel. Can they waddle, too? The Peabody Hotel gives sanctuary to the ducks in return for allowing the ducks to live in the duck palace and march in the duck parade.

Duck Duck Goose
Play this fun game and run to sanctuary when you are tagged.
https://www.grandparents.com/grandkids/activities-games-and-crafts/duck-duck-goose
Variation: Add Disco Duck music while playing the game
https://www.youtube.com/watch?v=sxf2KCSyvgQ

Sanctuary for the Egg Game
Teacher hides an egg (hard boiled or plastic) while one child covers their eyes or goes out of the room. This child is the Parent Duck. The Parent duck tries to find the egg. All the ducklings (other children) quack softly and more and more loudly as Parent gets closer to where the egg is hidden, When the egg is found choose another Parent Duck and repeat. http://www.childfun.com/themes/animals/ducks/

"Sunshine" (connection with nature and our bodies)

Duck Nests
Can you make a nest as a sanctuary for a duck and her eggs? Collect twigs, soft leaves and grass when you are outdoors. Place the materials in a nest shape under a bush or in some grass.

Service (to others)

Ducks love water. Serve water to the parents or congregants and invite the children to pour it themselves. Create a feeling of being cared for and sanctuary for others.

Elementary Aged Children (1 - 5th)

Reflection

Props: a live animal or a stuffed animal

The theme this month is Sanctuary. A sanctuary is a safe haven. We call the room in which the grownups worship "the sanctuary." We know that some churches provide sanctuary for people to live in who need protection while the laws are being decided. These are called Sanctuary Churches. Another way to provide sanctuary is to create sanctuaries for all kinds of animals and plants. There are sanctuaries for elephants, for wolves, for big cats, for dogs, birds and cats. These animal sanctuaries provide a safe place for animals to be themselves and to be loved and cared for.

Finally, there are two other special names which have to do with Unitarian Universalism and sanctuary. One is called Green Sanctuary. These are UU Churches who want to be engaged with environmental issues. The other is called a "Welcoming Congregation." These are UU churches who want to be especially welcoming to gays, lesbians, transgender and other people who might need a safe and comforting place. (If your congregation is a Green Sanctuary or Welcoming Congregation, explore what this means with the children. Invite a leader who was involved in this designation to attend the reflection circle and share what it meant to them.)

Story

Tarra & Bella: The Elephant and Dog Who Became Best Friends
by Carol Buckley (Author, Photographer)
https://www.amazon.com/Tarra-Bella-Elephant-Became-Friends/dp/0399254439/ref=sr_1_4?s=books&ie=UTF8&qid=1531609385&sr=1-4&keywords=animal+sanctuaries+for+children+picture+books

"Best friends come in all shapes and sizes! After retiring from the circus, Tarra became the first resident of the Elephant Sanctuary in Tennessee. When other elephants moved in and developed close friendships, only Tarra remained independent? until the day she met a stray mixed-breed dog named Bella.

It was love at first sight as this unlikely duo became inseparable. They ate together, slept together, and even understood each other's language. And when Bella suffered a severe spinal injury, Tarra stayed by her side and was there for her until Bella regained her health.

Brilliant color photographs of Tarra and Bella at home in the Elephant Sanctuary deftly illustrate this inspiring story of companionship, and an informative note about the Sanctuary provides a great resource for parents and teachers.

When Anju Loved Being an Elephant
by Wendy Henrichs (Author), John Butler (Illustrator)
https://www.amazon.com/When-Anju-Loved-Being-Elephant/dp/1585365335/ref=sr_1_1?s=books&ie=UTF8&qid=1531158534&sr=1-1&keywords=when+anju+loved+being+an+elephant

"Growing up on the Indonesian island of Sumatra with its cooling lakes and refreshing mud holes, Anju loved being an elephant. Loving cared for and protected by her mother and her family, there was nowhere else Anju would rather be. That all changed when she was stolen and sold to an American circus. Anju spends decades traveling across the country, entertaining crowds. After the circus, she's then moved to a small zoo for 23 years, their lone elephant. Anju no longer loved being an elephant. She was old and tired. Will Anju ever love being an elephant again?" - Amazon. Anju finds her way to an elephant sanctuary.

One Small Place in a Tree (Outstanding Science Trade Books for Students K-12)
by Barbara Brenner (Author), Tom Leonard (Illustrator)
https://www.amazon.com/gp/product/068817180X/ref=as_li_tl?ie=UTF8&camp=1789&creative=390957&creativeASIN=068817180X&linkCode=as2&tag=cultiva-20&linkId=SDUFGTR7QBNCUC57

"Deep in the forest . . .A bear sharpens her claws on a tree trunk. The scratched bark chips; a tiny hole forms. Timber beetles tunnel inside. The hole grows bigger and bigger.
In lyrical prose, Barbara Brenner reveals the fascinating happenings in one small place. She explains how, over many years, the rough hole transforms into a cozy hollow -- home to salamanders, tree frogs, a family of white-footed mice. Tom Leonard's absorbing illustrations take you beneath the bark to a hidden world. His warm, lifelike depictions of squirrels and bluebirds, snakes and spiders show the splendor that dwells in the most unexpected places." - Amazon.
As suggested by Terina Carter, LRE, UU Church of Bloomington-Normal, IL.

The True Adventures of Esther the Wonder Pig
by Steve Jenkins (Author), Derek Walter (Author), Caprice Crane (Author), Cori Doerrfeld (Illustrator)
https://www.amazon.com/True-Adventures-Esther-Wonder-Pig/dp/0316554766/ref=sr_1_2?s=books&ie=UTF8&qid=1531608443&sr=1-2&keywords=animal+sanctuaries+for+children+picture+books

"The true story of social media sensation Esther the Wonder Pig and her two dads that inspired the New York Times bestselling memoir for adults is now available in a picture book with adorable illustrations and a message of love.
When Steve and Derek adopted a mini pig named Esther, they had no idea that she would turn out to be not-so-mini after all. When her new family saw just how big and wonderful Esther really was, they fell in love--and their lives changed forever. Esther would soon grow too large for her bed, and their small apartment. She got into everything, including her neighbor's tasty garden. So the whole family moved from a small apartment to a big farm, where Esther and her animal friends could fit happily (and get into a little less mischief). Eventually, that farm would become the Happily Esther After animal sanctuary, home to rescued animals of all kinds." - Amazon.

City Green
by DyAnne DiSalvo-Ryan (Author, Illustrator)
https://www.amazon.com/City-Green-DyAnne-DiSalvo-Ryan/dp/068812786X/ref=sr_1_1?s=books&ie=UTF8&qid=1531312412&sr=1-1&keywords=city+green+by+dyanne+disalvo-ryan

"Right in the middle of Marcy's city block is a littered vacant lot. Then one day she has a wonderful idea that not only improves the useless lot but her entire neighborhood as well." - Amazon. As suggested by Terina Carter, LRE, UU Church of Bloomington-Normal, IL.

Videos

Who is Esther the Wonder Pig?
https://www.washingtonpost.com/video/entertainment/who-is-esther-the-wonder-pig/2017/12/14/047aabfc-e02d-11e7-b2e9-8c636f076c76_video.html?utm_term=.ff1f21880815

Bathtime with Esther the Wonder Pig
https://www.youtube.com/watch?v=7e_mzvLypd0

Quality Family Time with Esther and others
https://www.facebook.com/estherthewonderpig/videos/getting-some-quality-family-time/1515717948535424/
Everyone is resting and comfortable until Mr. Jealous Pants arrives. But there is a deep feeling of peace and sanctuary here.

The Elephant Sanctuary in Tennessee - elephant cams
https://www.elephants.com/#elecam
About The Elephant Sanctuary in Tennessee:
Located 85 miles southwest of Nashville in Hohenwald, Tenn., The Elephant Sanctuary in Tennessee provides elephants retired from performance and exhibition with individualized care, the companionship of a herd, and the opportunity to live out their lives in a safe haven dedicated to their well-being. The Sanctuary also works to raise public awareness of the complex needs of elephants in captivity, and the crisis facing elephants in the wild. The elephants' habitats are closed to the public but can be viewed from solar powered cameras.

The Urban Elephant: Shirley's Story (13 min)
https://www.youtube.com/watch?v=J0Z_vRYQ_Sg
From ArgoFilm's "The Urban Elephant" comes the touching story of Shirley and her keeper, Solomon James. Trapped in a man-made world, Shirley's life at the Louisiana Purchase Zoo was a lonely one, bereft of the company of other elephants. Follow Shirley and Solomon through a life of captivity to release in the Tennessee Elephant Sanctuary. This two-time Emmy Award winning film was produced for PBS's Nature Series.

17 Incredible Animal Sanctuaries
https://www.youtube.com/watch?v=KEWFp5L3x44

Amazing Man Turns Family Farm Into Animal Sanctuary
https://www.youtube.com/watch?v=OAqLRQKo8PQ

Meditation

Supplies: Canvas/paper, paint, markers, meditation bell, meditative music

Opening
After reading about sanctuary as a place of worship and refuge. Discuss sacred spaces, all of the places that people have gathered to pray, sing, dance, and meditation. (e.g. meditation caves, churches, hush arbors, fire circles, nature, waterfronts, and etc.) What makes these places sacred?

Visual Meditation
Ask the children to remain in a contemplative mindset, with minimal talking and play. Remind them that the silence in sanctuary is protection from the noise of the outside world. Play meditative music.
Ring the meditation bell and ask children to raise their hands when they can no longer hear the sound of the bell.
Distribute drawing/painting supplies and again invite children to remain in the silence of sanctuary. Invite them to draw/paint their own sacred space. Are there any religious symbols? Is there an altar? Where do people sit? Is it inside or outside? How do people know that they are in a place of sanctuary? Are there other creatures in this Sanctuary?
Ask the children to begin imagining who might want to find safety and sacredness in this Sanctuary. Begin drawing them.
Take a moment and close your eyes. Imagine that your sanctuary is real, that the people in your sanctuary are worshipping/praying/singing/meditating with you in your sanctuary.
How does that make them feel? How does it make you feel?
Return to silence for a brief moment, ring the bell to close the meditation.
- From Rev. Jaelynn P. Scott

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Games

Animal Themed Games
http://www.kidactivities.net/animal-theme/

Choose several of these great games to play.

Arts and Crafts

Design "Adopt Me" Bandanas for shelter pets
https://www.aspcapro.org/resource/shelter-management-volunteers/design-adopt-me-bandanas-shelter-pets

Whirlybirds for Animal Rescue
https://kids.nationalgeographic.com/explore/nature/mission-animal-rescue/whirlybirds/
Find out which animal you are.

Movement and Sound

Wiccan Elements Ritual
Wicca and other pagan/nature-based religions sometimes explore 'protection spells" or hold a nature ritual, as suggested by Samantha Dickerson, DRE, Conejo Valley UU, Newbury Park, CA

https://wiccanspells.info/wiccan-pagan-articles/elemental-magic-working-with-the-nature-spirits/

Sunshine and Service (to others) - Create a Nature Sanctuary

First, invite the children to imagine their outdoor space or playground as an animal sanctuary. What would it be like if you were an elephant and lived there? What would it be like if you were a rescued dog or cat? Where would Esther the Pig enjoy most? See through the lens of an animal sanctuary and turn it into a sanctuary of safety and comfort.

Then, invite the children to evaluate your outdoor area as a sanctuary for all beings and plants. Are there places where birds may shelter, where bees and butterflies may gather nectar and pollen? Are there places where wildflowers may seed and grow? What changes might be needed?
How is a sanctuary for nature different than a park (entertainment of people)? So the rules of behavior or interaction are different for a sanctuary than for a park. As suggested by Terina Carter, LRE, UU Church of Bloomington-Normal, IL https://www.hgtv.com/design/outdoor-design/landscaping-and-hardscaping/creating-a-wildlife-sanctuary
http://www.wildlifewatch.org.uk/creating-a-mini-nature-reserve

In a simpler vein, invite the children to create a small place of safety for a bird to take a bath, a parent or child to sit quietly while enjoying nature.

Session 4
The Sanctuary of Inner Silence

Young Children (P - K)

Wonder Box

Place inside: a cotton ball

What is in the Wonder Box today? A cotton ball. A cotton ball is very soft. Give each child two cotton balls to hold. When we hold them we have to be very still, so they don't fall out of our hands. The cotton balls can also help us be quiet in another way. Invite the children to hold the cotton balls over their ears. The cotton balls make it quiet since we can't hear as many things. Invite them to repeat holding the cotton balls over their ears. When we are in a quiet place, we feel peaceful and calm. That is called a quiet sanctuary.

Story

Quiet

by Tomie dePaola (Author, Illustrator)

Book: https://www.amazon.com/Quiet-Tomie-dePaola/dp/1481477544/ref=sr_1_1?s=books&ie=UTF8&qid=1531748297&sr=1-1&keywords=Being+quiet+children+picture+books

"Everything is in such a hurry, busy as busy can be.
The birds are flying so fast, the dragonfly is zooming over the water—even the trees are waving their leaves. So what if we sit here, you next to me…and we can just be?"- Amazon. Released, October, 2018.

Storytime: The Snake Who Said Shh…

by Jodie Parachini (Author), Gill McClean (Illustrator)

https://www.amazon.com/Storytime-Snake-Who-Said-Shh/dp/1609927257/ref=sr_1_3?s=books&ie=UTF8&qid=1531748785&sr=1-3&keywords=Being+quiet+children+picture+books

"Seth slithers out of his hole and tries to say his first word, but all that comes out is 'Shhh'. His mother encourages Seth to try again, but no luck. All he can say is 'Shhh'! The jungle animals who have gathered to hear Seth's first word erupt into giggles and fits of laughter. Whoever heard of a snake that said shhh? The grumpy leopard then tells the other animals that they need to decide on a present to give Seth. The animals shout out suggestions from a toothbrush to leaves. But none of them can agree. Their shouting escalates until Seth cannot take any more. He loudly says 'SHHHH!' The jungle animals then realize that the best gift for Seth would be some peace and quiet." - Amazon

The Sound of Silence

by Katrina Goldsaito (Author), Julia Kuo (Artist)
https://www.amazon.com/Sound-Silence-Katrina-Goldsaito/dp/0316203378/ref=sr_1_1?s=books&ie=UTF8&qid=1531758789&sr=1-1&keywords=silence+children+picture+books

"Do you have a favorite sound?" little Yoshio asks. The musician answers, "The most beautiful sound is the sound of ma, of silence." But Yoshio lives in Tokyo, Japan: a giant, noisy, busy city. He hears shoes squishing through puddles, trains whooshing, cars beeping, and families laughing. Tokyo is like a symphony hall! Where is silence? Join Yoshio on his journey through the hustle and bustle of the city to find the most beautiful sound of all." - Amazon

A Handful of Quiet: Happiness in Four Pebbles
by Thich Nhat Hanh (Author)
https://www.amazon.com/Handful-Quiet-Happiness-Four-Pebbles/dp/1937006212/ref=sr_1_1?s=books&ie=UTF8&qid=1531759093&sr=1-1&keywords=handful+of+quiet

"A Handful of Quiet presents one of the best known and most innovative meditation practices developed by Thich Nhat Hanh as part of the Plum Village community's practice with children. Pebble meditation is a playful and fun activity that parents and educators can do with their children to introduce them to meditation. It is designed to involve children in a hands-on and creative way that touches on their interconnection with nature. Practicing pebble meditation can help relieve stress, increase concentration, nourish gratitude, and can help children deal with difficult emotions." = Amazon

Meditation

Visual Meditation

- Ask the children to remain in a contemplative mindset, with minimal talking and play. Remind them that the silence in sanctuary is protection from the noise of the outside world. Play meditative music. https://www.youtube.com/watch?v=vH1icLURgbY
- Ring the meditation bell and ask children to raise their hands when they can no longer hear the sound of the bell.
- Distribute drawing/painting supplies and again invite children to remain in the silence of sanctuary. Invite them to draw/paint their own sacred space. Where do people sit? Is it inside or outside? How do people know that they are in a place of sanctuary? Are there other creatures in this Sanctuary?
- Ask the children to begin imagining who might want to find safety and sacredness in this Sanctuary. Begin drawing them.
- Take a moment and close your eyes. Imagine that your sanctuary is real, that the people in your sanctuary are worshipping/praying/singing/meditating with you in yours.
- How does that make them feel? How does it make you feel?
- Return to silence for a brief moment, ring the bell to close the meditation.

From Rev. Jaelynn P. Scott

Songs and Fingerplays

From Tapestry of Faith, Chalice Children
https://www.uua.org/re/tapestry/children/chalicechildren/session1/297598.shtml

I WIGGLE MY FINGERS
(A Movement Rhyme)

I wiggle my fingers,
I wiggle my toes,
I wiggle my shoulders,
I wiggle my nose.
Now no more wiggles
Are left in me,
And I'll be as still as still can be.

TWO LITTLE FEET (A Movement Rhyme) Two little feet go tap, tap, tap. Two little hands go clap, clap, clap. One little body, twirls around. One quiet body sits back down.

Songs with hands over ears

Choose a favorite preschool song. Invite the children to sing it with you, i.e. BINGO, or Old MacDonald. Then invite the children to sing it with their hands over their ears. It's quieter isn't it? You can only hear yourself singing in a way. This is one way to hear a quiet place.

Arts and Crafts

A Quiet Picture

Invite the children to make a quiet picture using the cotton balls. Provide glue and markers and time to experiment with what a quiet picture might look like.

Draw to music

Provide tempera paints and brushes or finger-paints on a tray and invite the children to experience the medium to music. https://www.youtube.com/watch?v=vH1icLURgbY

Movement

Silk scarf movement

Use silk scarves or other slow floatable objects, such as balloons with some helium in it but not so much that they rise out of reach. Float and dance!

Bubbles

Invite the children to follow bubbles with their eyes only, again according to music. To encourage quiet, cover the children with blankets or sarongs, so they are encouraged to remain still.

Sunshine (connection to Nature and our Bodies)

Sandbox Quiet

Invite the children to run their fingers through the sand and feel the sensation. Can they make a small waterfall of sand, and quietly watch the sand flow?

Floating Seeds Quiet

Can the children find any seeds that float? Dandelion puffs, Clematis seeds any which are made to float away on the wind. Invite them to watch them float away.

Finding Quiet Sanctuary

First invite them to listen to the sounds around them for a few seconds. What do they hear?
Next, listen even harder, now that we have practiced once. Do they hear any new sounds, as they pay attention?
Next, invite them to listen for their heart inside of them, can they hear or feel that in their chest, in their ears?
Finally, listen for the quiet inside of them. Then return.

Service

Share the Quiet Pictures as a centerpiece during the coffee hour, with a sign saying, “Here are the quiet pictures that the Preschool made while exploring Sanctuary as Inner Quiet.”

Elementary Aged Children (1 - 5th)

Reflections

Props: *ear plugs, earphones, or cotton balls.*
https://www.amazon.com/dp/B0106C6YEW/ref=sspa_dk_detail_3?psc=1&pd_rd_i=B0106C6YEW&pf_rd_m=ATVPDKIKX0DER&pf_rd_p=1713835751726239774&pf_rd_r=XD86EC7RDRWZR0Q1JAP8&pd_rd_wg=bhX1T&pf_rd_s=desktop-dp-sims&pf_rd_t=40701&pd_rd_w=P4QVD&pf_rd_i=desktop-dp-sims&pd_rd_r=f8b14313-87bf-11e8-a16a-6b0b8f76d431

Say something like:
When someone puts on earphones or earbuds, they can listen to music and create a sanctuary of sound around themselves. Music can be its own sanctuary. In another way, you can put on earphones or put in ear plugs and you are surrounded by silence or at least quiet. (If you have enough ear plugs for everyone invite them to put them in. The way to put them in and have them work is to twist them into a small plug and put them into the ear, then they will expand and fill the ear canal, blocking out the most sound. Or invite the kids to cover their ears with their hands and listen to the difference in the sound. Play a sample of sounds such as a bell, a squeaky toy, tearing paper, etc. while their ears are covered.

Story

Serenity, Courage and Wisdom
In Tapestry of Faith, Love Connects Us, Peace Inside
https://www.uua.org/re/tapestry/children/loveconnects/session10/161994.shtml

Why and Where God Hides
In Tapestry of Faith, Riddle and Mystery, Oh My Soul
https://www.uua.org/re/tapestry/children/riddle/session13/157486.shtml

Sitting on the Answer
In Tapestry of Faith, Signs of Our Faith, Seeking Knowledge
https://www.uua.org/re/tapestry/children/signs/session4/answer

What could be a good way to look for answers that are already inside you? Some people use prayer or meditation. Find the inner quiet with the meditation.

How Do We Know?
In Tapestry of Faith, Signs of Our Faith, Seeking Knowledge
https://www.uua.org/re/tapestry/children/signs/session4/how-do-we-know
Students ask the Rabbi how to know if a wise one is a fake. The answer shows how hard it is to seek inner quiet.

Henry David Thoreau and the Still, Small, Voice
In Tapestry of Faith, Sing to the Power, The Power of Stillness
https://www.uua.org/re/tapestry/children/sing/session5/220433.shtml

Meditation

Supplies: Canvas/paper, paint, markers, meditation bell, meditative music

Opening
After reading about sanctuary as a place of worship and refuge. Discuss sacred spaces, all of the places that people and all beings have gathered to pray, sing, dance, and mediate. (e.g. meditation caves, churches, hush arbors, fire circles, nature, waterfronts, and etc.) What makes these places sacred?

Visual Meditation
Ask the children to remain in a contemplative mindset, with minimal talking and play. Remind them that the silence in sanctuary is protection from the noise of the outside world. Play meditative music.
https://www.youtube.com/watch?v=vH1icLURgbY

Ring the meditation bell and ask children to raise their hands when they can no longer hear the sound of the bell.
Distribute drawing/painting supplies and again invite children to remain in the silence of sanctuary.
Invite them to draw/paint their own sacred space. Are there any religious symbols? Is there an altar? Where do people sit? Is it inside or outside? How do people know that they are in a place of sanctuary? Are there other creatures in this Sanctuary?
Ask the children to begin imagining who might want to find safety and sacredness in this Sanctuary. Begin drawing them.
Take a moment and close your eyes. Imagine that your sanctuary is real, that the people in your sanctuary are worshipping/praying/singing/meditating with you in your sanctuary.
How does that make them feel? How does it make you feel?
Return to silence for a brief moment, ring the bell to close the meditation.
- From Rev. Jaelynn P. Scott

Videos

Inner Peace - Kung Fu Panda
https://www.youtube.com/watch?v=8lAKfUD169U

Role Play

Wisdom to Know the Difference Scenarios
https://www.uua.org/re/tapestry/children/loveconnects/session10/161981.shtml

“Participants explore how the Serenity Prayer might help them find inner peace and choose right action in their own lives. They view three scenarios through the lens of "the serenity to accept the things I can't change, the courage to change the things I can, and the wisdom to know the difference."

Arts and Crafts

Make Knotted Meditation Beads
https://www.uua.org/re/tapestry/children/loveconnects/session10/161984.shtml

Meditation beads can help you seek the sanctuary of quiet

Serenity Prayer Bracelets
https://www.uua.org/re/tapestry/children/loveconnects/session10/161985.shtml
To help you remember to seek serenity, the sanctuary of inner peace, make this bracelet of three beads.

Inside/Outside Masks
https://www.uua.org/re/tapestry/children/riddle/session13/157473.shtml

Create a mask representing what your outer life is and what is inside of you.

Prayer Flags
From Tapestry of Faith, Sing to the Power, The Power of Stillness
https://www.uua.org/re/tapestry/children/sing/session5/220422.shtml

Games

The Super-Silent Game
How long can everyone be quiet? The aim of this game is to see who can stay quiet the longest. If a player makes any noise at all, they are out. You can either work individually (the last player who hasn't made any noise wins), or use your stopwatch and work as a team, trying to best your last result. As suggested by Elizabeth Bromley, DRE and Director of Music, UU Church of Berks County, Reading, PA

Other Quiet Games: https://www.scholastic.com/parents/books-and-reading/raise-a-reader-blog/3-quiet-no-talking-perfect-anytime-games-kids-love-to-play.html

Movement

Finger Labyrinth
From Tapestry of Faith, Windows and Mirrors, Prayer is a Place to Grow a Soul
https://www.uua.org/re/tapestry/children/windows/session15/143911.shtml

Trace a Labyrinth while meditating.

Silent Interview
From Tapestry of Faith, Wonderful Welcome, Gift of Ourselves
https://www.uua.org/re/tapestry/children/welcome/session15/119865.shtml
Pantomime the answers to three questions.

Walking Meditation
From Tapestry of Faith, Windows and Mirrors, Me in Faith Community, Faith Community in Me
https://www.uua.org/re/tapestry/children/windows/session2/143396.shtml

“Sunshine” (connection with nature and our bodies)/ Movement

Paying Close Attention Outdoors
From Tapestry of Faith, Miracles, The Miracle of Close Attention
https://www.uua.org/re/tapestry/multigenerational/miracles/session-2/alternate-activity-4

How does it feel to slow down, pay attention and observe one thing in nature?

Service

Collect Prayers and Meditations from the Congregation
In Tapestry of Faith, Signs of Our Faith, Seeking Knowledge
https://www.uua.org/re/tapestry/children/signs/session4/287646.shtml

Collect prayers and meditations which congregants use to access their inner sanctuaries of peace.

Chapel

Here's a template for a Children's Chapel or Circle Time. Mix and match the components to fit your program. We recommend some type of ritual that is the same most every Sunday, to create comfort and memories even with discontinuous attendance. Post the words on the wall so that guests and newcomers can join in. When you offer Multigenerational services, offer these same words as a whole community of children, youth and adults.

Sanctuary Centerpiece

Choose a color for a cloth, a chalice, an offering box, a way of sharing Joys and Sorrows (candles or rocks in water).

For "How are we a people of Sanctuary?"

- Cloth Color: black, representing inner silence
- Chalice: a variety of chalices
- Items: A variety of ways of expressing sanctuary, refuge, safety and comfort
    - A small doll bed
    - A nest
    - Stained glass
    - A creche
    - A statue of liberty

Entering

Invite the singing bowl. (Ring the bowl)
"To this quiet place of beauty, we come from busy things
Pausing for a moment for the thoughts that quiet brings."

Sanctuary Music

Brother Sun - Lady of the Harbor
https://www.youtube.com/watch?v=X3gOoySyNlI
About the Statue of Liberty and current events. As suggested by Elizabeth Bromley, DRE and Director of Music, UU Church of Berks County, Reading, PA

Chalice Lighting

"We light this chalice for the warmth of love, the light of truth and the energy of action." (or your own congregation's words)

Offering (optional)

"We drop our coins in. We get back pride, to help other people feels good inside."

Sharing of Joys and Concerns

"We listen to each other, it is a holy act
To share our joys and sorrows, with grace it flows on back."

You may always say, “Pass.”
If you wish to share, say your name, then light a candle or drop a rock in the water for your joy or concern.
“For all the joys and concerns which remain unspoken, we light this candle/add this rock.”

Meditation

Supplies: Canvas/paper, paint, markers, meditation bell, meditative music

Visual Meditation
Ask the children to remain in a contemplative mindset, with minimal talking and play. Remind them that the silence in sanctuary is protection from the noise of the outside world. Play meditative music.
Ring the meditation bell and ask children to raise their hands when they can no longer hear the sound of the bell. (see September’s meditation instructions)
Distribute drawing/painting supplies and again invite children to remain in the silence of sanctuary.
Invite them to draw/paint their own sacred space. Are there any religious symbols? Is there an altar? Where do people sit? Is it inside or outside? How do people know that they are in a place of sanctuary? Are there other creatures in this Sanctuary?
Ask the children to begin imagining who might want to find safety and sacredness in this Sanctuary. Begin drawing them.
Take a moment and close your eyes. Imagine that your sanctuary is real, that the people in your sanctuary are worshipping/praying/singing/meditating with you.
How does that make them feel? How does it make you feel?
Return to silence for a brief moment, ring the bell to close the meditation.

- Rev. Jaelynn P. Scott

Story, optional

Use one of the recommended stories/songs For All Ages, or a book from the book recommendations.

Songs, redux

Extinguishing the Chalice

We gather the warmth of love, the light of truth,
and the energy of action into our hearts
Back into the world of do and say
Carry it forward into the dawning day.
Go Now in Peace, Amen.
Move your arms to express the actions: gather using a cupping motion from the flame of the chalice to your heart, spread that outward again.

Youth and Young Adult

Here are a variety of components for use in your Middle School/Sr. High/Young Adult Groups. In addition, check out:

- *The Stories for All Ages section*
- *This month's Soul Matters Small Group Packet (after all, isn't Youth Group a Small Group Ministry?!)*
- *An adult worship service on "Being A People of Sanctuary"*

Reflections

#9 Refugees - They Came Because They Had To
from Amnesty International
https://www.amnesty.org.uk/files/2017-10/Learning%20about%20Human%20Rights%20in%20the%20Primary%20School.pdf?6LHwLag65YC1REWw5zzBEfMPKx2iBD.S

"To encourage children to think about the situation of refugees and the right to seek asylum using a quiz, story and role-play." - Amnesty International

Everyone Everywhere
By Amnesty International
https://www.amnesty.org.uk/resources/teaching-pack-everyone-everywhere-human-rights-secondary-school

Human Rights for high schoolers. As suggested by Terina Carter, LRE, UU Church of Bloomington - Normal, IL

Practicing Self-Care - Your body is a sanctuary
"Body Blessing" from Lisa Bovee-Kemper in Worship Web
https://www.uua.org/worship/words/blessing/body-blessing

Challenge Question
From Tapestry of Faith, Riddle and Mystery, Oh My Soul
https://www.uua.org/re/tapestry/children/riddle/session13/157476.shtml

Can your physical self affect the way the non-physical part of you feels? Can seeking your inner sanctuary affect your physical self?

The Sanctuary Movement
The idea of offering sanctuary is rooted in the Bible, most clearly in this passage from Leviticus:

> "When the alien resides with you in your land, you shall not oppress the alien. The alien who resides with you shall be to you as the citizen among you; you shall love the alien as yourself, for you were aliens in the land of Egypt: I am the Lord your God." Leviticus 19:33-34 and 24:22

Our UUA also provide this helpful short history of the idea and practice of offering sanctuary:

"The original concept of religious spaces as sanctuary for refugees is rooted in Judaism. The ancient Hebrew people allowed temples and even whole cities to declare themselves places of refuge for persons accused of a crime which they may not have committed. This practice allowed those wrongfully accused to escape swift and harsh retribution until they could receive a fair trial. In the late Roman Empire, fugitives sometimes found refuge in Christian churches. Later, during the medieval period, the English common law permitted an accused felon to seek sanctuary in a church, and then choose either to submit to trial or to confess and leave the country.

UUA Sanctuary Toolkit:
https://www.sanctuarynotdeportation.org/uploads/7/6/9/1/76912017/interfaith_sanctuary_toolkit.pdf

Story

Sanctuary
by Wendy Marloe (Author), Joanna Chen (Author)

Book: https://www.amazon.com/Sanctuary-Wendy-Marloe/dp/098234953X

"What's your special place? Inspired by the notion that all people have a special place, Sanctuary explores the possibilities of what this place--big or small, public or private, indoors or out--might be. Drawn sometimes from a child's perspective, and sometimes from an adult point of view, the illustrations suggest the variety of spaces that may give comfort, protection, inspiration, or peace." - Amazon.

Michael Servetus and the Bloody Times of Three Blind Mice - when sanctuary doesn't work
"I watched the BBC Production of THE TUDORS last night. It was a reminder of the Bloody Time in which Servetus lived...The reminder is also in Nursery Rhymes about "Bloody Mary", who became Queen of England about the time Servetus was burned at the stake in 1553. "Bloody Mary" tortured and burned thousands {because she hated Protestants]. Thomas Cranmer, the Archbishop of Canterbury, prepared much of the Anglican Book of Common Prayer. Under Mary's rule, two years after the death of Servetus, Cranmer was burned at the stake in Oxford along with two other bishops. In the METRO (a London "free paper") I read an interview with Albert Jack, author of Pop Goes the Weasel: The Secret Meaning of Nursery Rhymes. He is asked "What nursery rhyme origin surprised you the most?" He answered: "Three Blind Mice. It's such a popular little tune and to discover it's really about the violent deaths of three senior churchmen in 1555 at the hands of Mary Tudor was interesting. Latimer, Ridley and Cranmer refused to renounce their Protestant faith, so they were taken to Oxford, tied to the stake, some say blinded and then publicly burned. It's so grisly, it's ironic that it's now a favorite children's rhyme." from Servetus and Unitarianism: The Contemporary Legacy" By Rev. Dr. Richard. F. Boeke
https://www.uua.org/sites/live-new.uua.org/files/documents/internationalresources/servetus_500_anv_book.pdf

Why and Where God Hides
In Tapestry of Faith, Riddle and Mystery, Oh My Soul
https://www.uua.org/re/tapestry/children/riddle/session13/157486.shtml

God looked for a place to hide where people could not find him. Where is God's sanctuary? Some say it is inside of us.

Sitting on the Answer
In Tapestry of Faith, Signs of Our Faith, Seeking Knowledge
https://www.uua.org/re/tapestry/children/signs/session4/answer

What could be a good way to look for answers that are already inside you? Some people use prayer or meditation. Find the inner quiet with the meditation.

How Do We Know?
In Tapestry of Faith, Signs of Our Faith, Seeking Knowledge
https://www.uua.org/re/tapestry/children/signs/session4/how-do-we-know
Students ask the Rabbi how to know if a wise one is a fake. The answer shows how hard it is to seek inner quiet.

Music and Videos

Make Us Aware, We are a Sanctuary
https://www.youtube.com/watch?v=i3qI77itGvc
From the Sanctuary Boston

Carrie Newcomer - Sanctuary
https://www.youtube.com/watch?v=HjOioWTVAl4

"Sprigs of Rosemary" is part of the lyrics. Offer sprigs to hold while listening for a sensory experience.

Brother Sun - Lady of the Harbor
https://www.youtube.com/watch?v=X3gOoySyNlI
About the Statue of Liberty and current events. As suggested by Elizabeth Bromley, DRE and Director of Music, UU Church of Berks County, Reading, PA

Sanctuary (feat. Charles Esten & Lennon & Maisy) by Nashville Cast
https://www.youtube.com/watch?v=fQH-wF9Nqz0

DACA explained
https://www.youtube.com/watch?v=UzYDqQDNFzc
How does the U.S. offer sanctuary?
"The most consequential decision President Donald Trump made on immigration in his first year in office wasn't about the wall, or who's going to pay for it, or anything else he talked about incessantly on the campaign trail.

It was his decision to announce, on September 5, that his administration would be winding down the Deferred Action for Childhood Arrivals program — a program he didn't mention outright, that many people didn't know about and even fewer understood.

The Deferred Action for Childhood Arrivals program, or DACA, which has protected nearly 800,000 young adult unauthorized immigrants from deportation and allowed them to work legally since 2012. The immigrants protected through DACA grew up in the US; people might not assume they are unauthorized immigrants, and they might not have even known it themselves until they were teenagers. The program was supposed to give them a chance to build a life here.

Now, DACA is on the chopping block. Trump, under pressure to make a decision about its future before September 5 (the day a group of Republican state officials were set to sue over its constitutionality), has decided that no one new will be protected under the program — and that those currently covered will start to lose their protection and work permits on March 6, 2018.

The prospect of DACA's demise is throwing the program into sharp relief: calling attention to the "DREAMers" who've been able to benefit from it, and the ways in which their lives have been changed over the past five years." - from VOX

Everybody We are All Born Free
From Amnesty International
https://www.youtube.com/watch?v=x9_IvXFEyJo

"Everybody—a part animation, part live-action short film from our friends from the UK—is a celebration of the 60th anniversary of the Universal Declaration of Human Rights for the book, We Are All Born Free. See the 30 rights of the Declaration come alive with illustrations from internationally renowned illustrators and voice stylings from Jeremy Irons, Emilia Fox, George Lamb, Navin Chowdhry, Lindsay Duncan, Amanda Mealing and our narrator Julian Rhind-Tutt." - From Amnesty International.
It is this basic declaration which creates the basis for Sanctuary. As suggested by Terina Carter, LRE, UU Church of Bloomington-Normal, IL

About Sanctuary Boston
https://www.youtube.com/watch?v=rdciCPu4eg4

Grounded in UU, open to all, a community.

A Christian Perspective on the Sanctuary Movement:
https://vimeo.com/189690725

Inside the Sanctuary Movement
https://relevantmagazine.com/feature/inside-the-sanctuary-movement/

TED talk: What we are missing in the debate about immigration (7 min.)
https://www.ted.com/talks/duarte_geraldino_what_we_re_missing_in_the_debate_about_immigration

"Between 2008 and 2016, the United States deported more than three million people. What happens to those left behind? Journalist Duarte Geraldino picks up the story of deportation where the state leaves off. Learn more about the wider impact of forced removal as Geraldino explains how the sudden absence of a mother, a local business owner or a high school student ripples outward and wreaks havoc on the relationships that hold our communities together." - TED
A background to why UU Churches consider offering sanctuary. We need to look at the bigger picture.

Meditations for Inner Sanctuary (14 min)
https://www.youtube.com/watch?v=yN777rBQ93k

Arts and Crafts

#8 Human Rights Picture Quilt
From Amnesty International
https://www.amnesty.org.uk/files/2017-10/Learning%20about%20Human%20Rights%20in%20the%20Primary%20School.pdf?6LHwLag65YC1REWw5zzBEfMPKx2iBD.S

Go to Activity #8, appropriate for Middle Schoolers, especially - Create a picture quilt of paper or fabric using the Declaration of Human Rights. As suggested by Terina Carter, LRE, UU Church of Bloomington-Normal, IL

Rubber Stamp Sanctuary
Use a rubber stamp shrine frame to begin a personal shrine drawing. What symbols would you add to create a personal shrine? What would you place around it, to create a sanctuary for yourself?
https://www.etsy.com/listing/591631668/four-little-shrines-rubber-wood-mounted?ga_order=most_relevant&ga_search_type=all&ga_view_type=gallery&ga_search_query=Rubber%20stamp%20shrine&ref=sr_gallery-1-12

Inside/Outside Masks
https://www.uua.org/re/tapestry/children/riddle/session13/157473.shtml
Poem: https://www.uua.org/worship/words/meditation/5541.shtml

Read the poem "Soul Lifts" to prepare for what your inner sanctuary, or soul, might look like.
Create a mask representing what your outer life is and what is inside of you.

Music and Art of the Soul
https://www.uua.org/re/tapestry/children/riddle/session13/157478.shtml

"In this activity, youth use music and art to explore their souls. Introduce it with words like these:
A writer named Krista Tippett has said, "In many ways, religion comes from the same place in us that art comes from." Some people would say art comes from the soul. Other people might use a different word. They would say religion and art come from our centers, our cores, our deepest spirits, instead of our souls. But most would agree that both come from somewhere deep inside us. You may think of your deepest inner self as your soul, your center, your spirit-whatever you like. And I hope you will reach deep inside as you listen to music and let your art out onto a community mural." - from Music and Art of the Soul

Reader's Theatre - Interview with Michael Servetus

Rotate readers for this interview with UU Martyr Michael Servetus who, in October, was burned at the stake as a heretic after being in sanctuary by changing his name and serving as a physician for over 10 years.
https://www.uua.org/sites/live-new.uua.org/files/documents/internationalresources/servetus_500_anv_book.pdf
The interview starts on pg. 56.
"Servetus dared to use reason and evidence to counter religious hierarchy and authority. He was willing to call for tolerance and humility in religious debate. He was courageous enough to look outside the scriptures of his own faith tradition. He sought

to cross cultural borders." Peter Morales in "Servetus, Our 16th C. Contemporary" in "SERVETUS Our 16th Century Contemporary; A brief introduction to the life and teachings of Michael Servetus, a pioneer of religious freedom."
https://www.uua.org/sites/live-new.uua.org/files/documents/internationalresources/servetus_500_anv_book.pdf

Meditation

Option 1
Opening

Do you not know that your bodies are temples of the Holy Spirit...? (1 Corinthians 6:19.) We have the capacity to be take sanctuary in ourselves by meditating on the goodness within us. We can use this meditation when there is an overwhelming amount of sensory input and/or negativity in our environment.

Meditation on Self as Sanctuary

Begin by reading the above short quote from First Corinthians, take a moment to center. Ring a meditation bell and focus your mind on the rising and falling of your breath.
Imagine that your physical presence is a body of light, luminous, permeable, and holographic.
Your light body can take in goodness and reject negativity. Nothing that you would not like to enter will enter. Negativity is extinguished by your light.
Practice taking in love, beauty, friendliness and kindness. Anger, fear, hatred, and so on can't enter. It is repelled by your light.
End the meditation by sending your light out into the world, imagine that all anger, fear, hatred and so on is extinguished by your bright light.

Option 2

Supplies: meditative music
Opening
In the context of the New Sanctuary Movement, reflect on how it must feel to need sanctuary and how it feels to receive Sanctuary.

Body Prayer

Form a circle & play light/contemplative music.
With mindfulness, move slowly and intently into the middle of the circle one person at a time. At the same time the second person explores mindfully and slowly the outside of the circle. This practice is called aimless wandering, a practice of just letting your instinct guide you through the space. In this practice we give each the space to explore and do not interact with others.
When the first two return from exploring, the next two persons explore.
Depending on the comfort of the group and as the movement in and out of the circle continues, add slow and gentle expressive movements to your exploration.
Pay attention to how it feels to be inside and outside of the circle. Do the expressions of your body change?

Do you feel safe, protected, vulnerable, lonely inside the circle? Do you feel safe, protected, vulnerable, lonely outside of the circle?
Take a moment to think reflect on the complicated feelings of those in need of and who have found refuge in congregations. Remember the complexity of feeling that the group had and reflect on the conflicting and complex emotions of those persons who seek refuge in our congregations.
End the Body Prayer with a few words of well-wishing to those in need of refuge in this world.

- By Rev. Jaelynn P. Scott

Prayer Stations
From Tapestry of Faith, Windows and Mirrors, Prayer is a Place to Grow a Soul
https://www.uua.org/re/tapestry/children/windows/session15/activity-4

Try out a variety of ways for finding inner sanctuary by adapting this session for younger children for youth. Invite youth to lead a station and offer it to the rest of the youth group.

Games

Deep Fun games for the theme of "Sanctuary"
https://www.uua.org/youth/library/adults-ministry/deepfun

Hand Grok - the sanctuary of silence

Have the group spread out around the room and close their eyes. Pair people up by leading them by the hand across the room to the partner you have chosen for them, while everyone's eyes remain closed. Pair people that know one another in the context of the group but may never have had the chance to bond on a personal level. Tell the partners to sit and spend time holding one another's hands. Ask them to communicate with one another in silence, through touch alone. Let this process continue for ten minutes or longer. Then have the group members open their eyes and talk to one another about what they learned about one another through the exercise.

House Memories and Sanctuaries
Materials: Drawing paper, colored pencils

Distribute the art supplies. Ask everyone to draw the floor plan of a house they lived in before they were ten years old. Have them label each room to the best of their memories. Then ask the group to share individually or in pairs about the memories associated with each room, especially their own.

Variation: Ask everyone to create a Sanctuary of the ideal room for themselves. Encourage them to add as much detail as possible and incorporate childhood fantasy. Share the designs and reasons behind their choices.

God in the Dark - Sanctuary of listening

In a darkened space, have the group lie on the floor facing up. Ask the group to pose anonymous questions to the ceiling. Heavy philosophical questions are good, as are more personal ones. Here are some good ones:

Suppose you have a magic box. It can be any size or shape. In it can be anything you want that would make you happy. What is in your box?

Suppose a doctor had just told you that you have only one year left to live. What would you do differently? How would you change your life?

Let the answers come from anyone who feels moved to speak.

Geography of the Self - Your body is a Sanctuary

Materials: Butcher paper and markers

Break the group into pairs and have partners trace one another's bodies on their sheets of butcher paper. Then have each person work separately to turn their body into a map. Pose some questions: Where are the boundaries of your body? Where are the populated areas? Your depressed inner cities? Your deserts? Your rivers? Your mountains ranges? Cliffs? Jungles? Which territories are at war with each other? Where are your main roads? Where are your uncharted lands? Your frontiers? Give each person a chance to share their map or display them around the room.

Movies with a theme of Sanctuary

Haven (PG- 13)
https://www.imdb.com/title/tt0250862/?ref_=tt_urv

"This is the true story of a woman named Ruth Gruber who travels to Europe to help escort 1000 Jewish War victims to the United States.." from IMDB review

Life is Beautiful
https://www.imdb.com/title/tt0118799/?ref_=ttls_li_tt
"When an open-minded Jewish librarian and his son become victims of the Holocaust, he uses a perfect mixture of will, humor, and imagination to protect his son from the dangers around their camp.." - IMDB Review

The Diary of Anne Frank (TV Mini-series)
https://www.imdb.com/title/tt1127205/?ref_=tt_urv

Sanctuary
https://www.imdb.com/title/tt4664244/?ref_=tt_urv

"Larry and Sophie, two people with intellectual disabilities, long to be together in a world that does everything to keep them apart." - IMDB review

PBS - Cathedral- David Macaulay (1 hr.)
https://www.youtube.com/watch?v=MZpOd2pHiI0

"Author David Macaulay hosts CATHEDRAL, based on his award-winning book. Using a combination of spectacular location sequences and cinema-quality animation, the program surveys France's most famous churches. Travel back to 1214 to explore the design of Notre Dame de Beaulieu, a representative Gothic cathedral. The program tells period tales revealing fascinating stories of life and death, faith and despair, prosperity, and intrigue." - YouTube

"Sunshine" - experiences outdoors, in nature, or with movement

Tour of the Church, Tour of the Grounds

Explore the church building. Invite a Building and Grounds leader or Archivist to share some of the stories of the building or the grounds. What are the architecturally important features? What makes it unique? What is some of the history and lore of the building? Where are the hidden places? What are the hidden places on the grounds? Get to know each tree personally and name it, if appropriate. How is the building a sanctuary? How are the grounds a sanctuary?

Service

Building a Labyrinth
From Tapestry of Faith, Windows and Mirrors, Prayer is a Place to Build a Soul
https://www.uua.org/re/tapestry/children/windows/session15/143918.shtml

Build a simple Labyrinth as a place of Sanctuary for Inner Quiet. Share it with the congregation of all ages.

Soul Messages
https://www.uua.org/re/tapestry/children/riddle/session13/157479.shtml
Create messages to share with the congregation, option to place inside fortune cookies.
Help heal those with a weary soul, disconnected from their inner sanctuary, by reading an uplifting message.

Skit for the congregation - Servetus
Create a skit or song and perform it for the congregation. Or how would you create a UU holiday for the heretic Michael Servetus and the illustration of his sanctuary as a doctor under an assumed name and the breaking of sanctuary when he went to Geneva?
http://www.geo.sunysb.edu/UU-history/your-words-lit-a-fire.htm
http://www.geo.sunysb.edu/UU-history/UU-holy-days.htm

Family and Parent Resources

These resources support parents as they try to live out and engage our themes with their children. We can ask "What does it mean to be a parent of Sanctuary" or "What does it mean to be a family of Sanctuary?" As you use these resources to engage these questions, keep in mind some additional ways to use them with other parents or your church community:

- *Reflect with those in your family.*
- *Share and discuss them with other parents or another family.*
- *Use them in a Parent Circle that meets on Sunday afternoon or mid-week.*

Video

TED talk: What we are missing in the debate about immigration
https://www.ted.com/talks/duarte_geraldino_what_we_re_missing_in_the_debate_about_immigration

"Between 2008 and 2016, the United States deported more than three million people. What happens to those left behind? Journalist Duarte Geraldino picks up the story of deportation where the state leaves off. Learn more about the wider impact of forced removal as Geraldino explains how the sudden absence of a mother, a local business owner or a high school student ripples outward and wreaks havoc on the relationships that hold our communities together." - TED A background for why UU Churches consider offering sanctuary. We need to look at the bigger picture.

Books

Inspired Traveler's Guide Spiritual Places
by Sarah Baxter (Author), Zanna Goldhawk (Illustrator), Harry Goldhawk (Illustrator)
https://www.amazon.com/Inspired-Travellers-Guide-Spiritual-Places/dp/1781317429/ref=sr_1_1?ie=UTF8&qid=1531146074&sr=8-1&keywords=Inspired+Traveller%27s+Guide+Spiritual+Places
"Travel journalist Sarah Baxter has carefully curated a selection of the 25 most spiritual destinations from around the world – places that hold the promise of rare and profound experiences, whether areas of natural beauty imbued with spiritual significance or sites constructed for worship." - Amazon

Spiritual Places: The World's Most Sacred Sites
by Antony Mason (Author)
https://www.amazon.com/Spiritual-Places-Worlds-Sacred-Sites/dp/1782068546/ref=pd_sbs_14_5?_encoding=UTF8&pd_rd_i=1782068546&pd_rd_r=5d686ff7-8383-11e8-b77d-4ffb343ca287&pd_rd_w=0pOaO&pd_rd_wg=zoLjs&pf_rd_i=desktop-dp-sims&pf_rd_m=ATVPDKIKX0DER&pf_rd_p=5825442648805390339&pf_rd_r=4V6PGKP9Q86MM9JRJ1S1&pf_rd_s=desktop-dp-sims&pf_rd_t=40701&psc=1&refRID=4V6PGKP9Q86MM9JRJ1S1&dpID=61jzNOxfCXL&preST=_SX218_BO1,204,203,200_QL40_&dpSrc=detail

"Spiritual Places combines awe-inspiring photography and memorable narrative to tell the stories of the holiest temples and ancient ruins, the most hallowed churches, and the places of ancient power. Each location has been handpicked for its breathtaking scenery and its uniquely humbling qualities. Spanning every continent on the planet—from the Mayan pyramids of Chichen Itza in Mexico, through the Carnac stones in France, and on to the idyllic ancient temples of Angkor Wat in Cambodia—acclaimed travel writer Antony Mason has carefully selected the most uplifting places the world has to offer.

Encompassing belief systems past and present—via the Temple of Heaven in Beijing, the Hagia Sophia in Istanbul, and Uluru in Australia—this collection of stunning images, enlightening text, and essential travel tips will inspire and inform armchair aficionados and seasoned travelers alike." - Amazon

Articles

10 Commandments for talking to your kids about religion - PBS
https://www.pbs.org/newshour/nation/10-commandments-talking-kids-religion
One of the lenses for the theme of sanctuary is as a place of worship. What are secular and humanist parents to do when sanctuary has overtones of Christianity?

What Makes a Place Sacred?
https://www.stphilipscathedral.org/Sermons/what-makes-a-place-sacred/
"Sacred places are where we meet something beyond ourselves. They are not always conventionally religious places…" - from the article

UU Prayers and Meditations
From Tapestry of Faith, Signs of Our Faith, Seeking Knowledge
https://www.uua.org/re/tapestry/children/signs/session4/287658.shtml

Movies for families about Sanctuary

The Hunchback of Notre Dame - Disney, G (recommended for 8+)
https://www.commonsensemedia.org/movie-reviews/the-hunchback-of-notre-dame-1996

"Disney's recreation of Victor Hugo's novel is rich in visual and musical sensation. But deeper beneath the rich production lie questions about normalcy, how sanctuary confines us as well as protects us, and what punishment is." - Common Sense Media Review
Here's another review: https://www.bustle.com/articles/167960-19-things-i-noticed-rewatching-the-hunchback-of-notre-dame-as-an-adult
Be aware that this movie is not appropriate for young children.

The Urban Elephant: Shirley's Story (13 min)
https://www.youtube.com/watch?v=J0Z_vRYQ_Sg

From ArgoFilm's "The Urban Elephant" comes the touching story of Shirley and her keeper, Solomon James. Trapped in a man-made world, Shirley's life at the Louisiana Purchase Zoo was a lonely one, bereft of the company of other elephants. Follow Shirley and Solomon through a life of captivity to release in the Tennessee Elephant Sanctuary. This two-time Emmy Award winning film was produced for PBS's Nature Series.

The Many Adventures of Winnie the Pooh
https://www.commonsensemedia.org/movie-reviews/the-many-adventures-of-winnie-the-pooh

“THE MANY ADVENTURES OF WINNIE THE POOH brings to life several chapters of A.A. Milne's The House at Pooh Corner that were turned into Disney shorts in the 1960s and '70s. The film opens with a scene from Christopher Robin's non-animated bedroom [a sanctuary!] where we see the stuffed animals that come alive in the animated tales. As the narrator introduces a book, viewers slip into the story as the characters come alive on the page. The first chapter details Pooh's attempt to steal honey from a tree and his subsequent escape from a swarm of bees. Later he eats all Rabbit's honey and gets stuck in the doorway where he must stay until he slims down and can be pushed out of the narrow hole [when a safe place becomes a stuck place]. In later chapters, Rabbit tries to teach Tigger a lesson to get him to stop pouncing on everyone but ends up getting lost in the Hundred Acre Wood. Tigger and Roo end up atop a tree and unable to get down until their friends help rescue them.” - Common Sense Media

PBS - Cathedral- David Macauley (1 hr.)
https://www.youtube.com/watch?v=MZpOd2pHiI0

“Author David Macaulay hosts CATHEDRAL, based on his award-winning book. Using a combination of spectacular location sequences and cinema-quality animation, the program surveys France's most famous churches. Travel back to 1214 to explore the design of Notre Dame de Beaulieu, a representative Gothic cathedral. The program tells period tales revealing fascinating stories of life and death, faith and despair, prosperity, and intrigue.” - YouTube

BBC - How to Build a Cathedral (1 hr.)
https://www.youtube.com/watch?v=TrAoqIsbD9M

Related Resources from Katie Covey

Katie creates curriculum distinct from Soul Matters. You can learn more about all she offers at www.uure.com *. If you have purchased her curriculum, here are sessions from it that relate to the theme of Sanctuary.*

Elementary Ages

From Spirit of Adventure:

Session #6 - Medicine; A Special Doctor
Session #24 - Building; Frank Lloyd Wright, Architect
Session #25 - Building; Frank Lloyd Wright, Harmony with Nature
Session #35 - Web of Life: Blessing of the Animals

From Picture Book UU:

Session #1 - The Big Orange Splot
Session #3 - Henry Builds a Cabin
Session #10 - Psalm Twenty-Three

From Picture Book Bible Tales

Session #4 - Noah
Session #6 - The Moses Basket
Session #14 - Mary, Mother of Jesus

From Picture Book World Religions

Session #1 - Introduction: Sacred Spaces
Session #7 - Islam: Sitti's Secrets
Session #12- Buddhism: Buddha in the Garden

Youth

From Lodestone, Magnetize Your Middle School

UU Unit
Session #UU4 - Prayers
Social Nights
October - A Scary Stories Evening

Opportunities for Support and Connection

Come play and think together!

October Online Zoom Labs

RE Brainstorming Lab on Soul Matters themes
Wednesday, Oct. 3, 2018, 1 p.m. ET - for the theme of Possibility for January
Join Katie for some free thinking on the theme and then dive into the "Matrix of Sources" for guided ideas. This lab is not recorded.

RE Implementation Lab for Sanctuary (October Packet) - *note change to **2nd** Wednesdays*
Wednesday, Oct. 10, 2018, 1 p.m. ET - for the theme of Possibility for November
Katie offers highlights of the Packet and we share ideas on how we are implementing the theme.

Note: The above Soul Matters RE Labs are on the First and Second Wednesdays of each month. We set them at a consistent time, so you can put them into your calendar and plan ahead.

- First Wednesday - Brainstorming Lab on theme in 2 months
- Second Wednesday - Implementation Lab on the upcoming month's theme.
- Implementation Labs are recorded and posted on the Soul Matters YouTube Channel at https://www.youtube.com/channel/UCe2pmT_ATh-pbkjF2m7rfOA

RE Leader Facebook Page

Don't forget about our RE Leader Support Facebook page. Here is where our colleagues post bulletin board pictures, share books, and ideas. It's a great ongoing source of support. Your colleagues are available to support you at the click of a button and with the ease of a post:
https://www.facebook.com/groups/545202255591601/

Pinterest Page

Check out the Pinterest page on Sanctuary. Images and links to the books, videos, activities and more as mentioned in this packet.
https://www.pinterest.com/soulmattersre/2018-sanctuary-october/

Inspiration Facebook Page

Offer your teachers and parents spiritual nourishment and inspiration by encouraging them to join the Soul Matters Inspiration Facebook Page. Use the memes for your congregational FB page, as well:
https://www.facebook.com/soulmatterssharingcircle/

Soul Matters Spotify Music Playlists:

Discover musical inspiration on each of our monthly themes through our playlists:
https://www.soulmatterssharingcircle.com/spotify-lists.html

New! Sunday Morning Templates Archive

Let's share our Sunday Morning templates! Why reinvent the wheel? Each program has different structures and needs, so it is difficult for Soul Matters to create a one-size-fits-all template. The packet flows in one possible structure of elements from a Circle Time/Reflection to Story to Activities.
Our packet provides components for you to use in your own way. To simplify the interface between Soul Matters components and individual program structure, consider creating a template for the Sunday morning flow in your program. Then drop in the components which fit your program, your demographic, and your people the best.

Finally, share it here in the Soul Matters Sharing Circle!

We are collecting Sunday Morning Templates which illustrate various program structures. What does your structure look like?

Send your Sunday Morning Template to Katie at soulmattersre@gmail.com
with a note about the structure of your program. Include the size of your program, your distinctive features and any models you use.

View the Sunday Morning Template(s) at https://docs.google.com/document/d/1QMEuUlS_8tk-Kicb6ksSZ_5BtM942Efi8NMg45gIOAc/edit?usp=sharing

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Packets are for use only by member congregations of the Soul Matters Sharing Circle.
Learn how to join at http://www.soulmatterssharingcircle.com