

Faith at Home – Sep 9th 2021



Our spiritual theme for the month of September is **Embracing Possibility!** Here are a few suggestions on how to incorporate this theme into your daily lives as you live into our shared faith and ask yourselves, "What does it mean to be a family who is **embracing possibility?**"

Family Movie Night - *Hidden Figures* (PG)

Snuggle up as a family and watch the phenomenal true story of the black female mathematicians at NASA who served as the brains behind one of the greatest operations in history: the launch of astronaut John Glenn into orbit.

Family Activity - Trying New foods

This week explore the possibility of new foods. Come together as a family and pick out a recipe to cook or order something that includes a food none of you have tried before! A new ingredient, a new culture, a new experience the possibilities are endless!

Family Bedtime (or Anytime) Stories

We have brand new stories in our [Anti-Racism, Diversity, and Inclusion Library](#) this month! Visit our virtual library for some amazing read-aloud stories that connect to this month's spiritual theme of Embracing Possibility (slide 1).

Family Conversations Starters

- How has COVID offered some "silver lining" moments?
- How does keeping an open mind and open heart allow for an easier ride through life's challenges?

UU Parenting - Expand Possibilities

From the time we're born, **we rely on each other to show us the world** beyond what we already know. People teach us to walk, talk, read, and care for ourselves. Through our relationships, we learn to respect, enjoy, and love people who are different from us. And through relationships, we broaden horizons and discover things about ourselves and the world that **spark our curiosity and**

passion, bringing fulfillment, joy, and pleasure throughout our lives. Below are some tips from [Expand Possibilities - Keep Connected](#) on how we as parents can help our children expand their possibilities

- Find ways for your children to **spend time with people** who are different from your family.
- When **your kids seem curious** about an activity, topic, or issue, **ask questions** such as “what strikes you as interesting about this?”
- Introduce your kids to a **wide range of people**, places, ideas, cultures, and vocations. Start with ones they’re curious about.
- Encourage your children to **try things they might be interested in**. Maybe try it together.
- **Connect your kids with people you know** in your extended family or community who can explore with them their areas of personal interest and strength.
- **Model being a curious learner** by asking questions and sharing what you’re learning in your own life. Learn things from your kids.

Family Chalice Lighting

Spiritual practice is just as important for children and youth as it is for adults!! Lighting a chalice at home is a wonderful way to live into our faith and help your children feel grounded in spiritual practice. This week try lighting a family chalice at dinner or bedtime, or whatever time makes sense for your family.

As We/I light this chalice my we/I remember...

“Every human being on the face of the earth has a steel plate in [their] head, but if you lie down now and then and get still as you can, it will slide open like elevator doors, letting in all the secret thoughts that have been standing around so patiently, pushing the button for a ride to the top. The real troubles in life happen when those hidden doors stay closed for too long.”

— Sue Monk Kidd, *The Secret Life of Bees*