

#stuckathome What's a UU To Do?

We know that a self-imposed or mandatory quarantine will have far-reaching implications for families in and around our congregation. Sickness, isolation, and fear, not to mention lack of income and feelings of insecurity are very real issues. Families who find themselves unable to participate in all of their typical activities and routines such as school, work, playdates, trips to the library, visits with extended family, participation in religious services, etc. may find themselves experiencing a great deal of stress. The activities below are designed to help ease some of that stress as well as to bring some of our Unitarian Universalist values and ideals into our everyday lives. Enjoy the time you spend engaging with the activities. If you are on social media, you might want to take a picture and hashtag it #stuckathome. We are all in this together ... be well & let's stay in touch!

	<p>Creating Sacred Space – Find or create a space where you will go to think about your UU faith during this time of “social distancing” and perhaps to engage in the activities listed below. You might want to create an altar with special objects (don't forget a chalice!). Remember that, just like in the chalice lighting words by Kelly Weisman Asprooth-Jackson, WE make everyday objects holy by intentionally bringing ourselves to them. A little corner of your bedroom, a clearing in the woods, your backyard deck – ANY place can be sacred space if you make it so! Visit Worship Web at https://www.uua.org/worship/words to find words that you might like to say at the beginning of each time that you spend in your newly-created space.</p>
	<p>Start a family meditation practice! Choose a time when you can all gather together and be comfortable. Bring up a challenge or a concern that the whole family shares. It might be something directly involving the family, a hypothetical ethical dilemma, or an issue that is currently in the news. Agree to sit in silence for 10 minutes and then discuss any insights gained. Commit to repeating this practice weekly, every other day, or even every day!</p>
	<p>Listen to Hymn #1003 “Where Do We Come From?” https://www.youtube.com/watch?v=s7zEwa1XqUk UU songs and hymns tell us a lot about what Unitarian Universalists think and believe. This one shows us that UUs think the big questions are important. The three questions in the song are from the late 1800's writings of Paul Gauguin, a French painter and thinker. What do you think the answers to the questions are? ARE there answers? The last statement – “Life is a riddle and a mystery” was written by Brian Tate in 1999. Do you think that statement is true or false? What other UU hymns or songs speak to you?</p>
	<p>“Six-word Memoirs” is a story-writing technique. One teen author, Jessica L., wrote, “My friends don't know: I believe”. What do you think Jessica meant? Write your own six-word story about YOUR faith. Ask someone in your family to do the same and share your stories with each other.</p>
	<p>Take an adult for a walk! Choose an adult in your life and ask them to take a walk with you. Ask them questions like these: “When you were my age, what did you think about religion? Did you attend religious services? Were you involved in a youth group? Do you believe the same things now that you did then?”</p>
	<p>Art & Music of the Soul – Create a playlist of songs that really speak to you. Choose songs that you absolutely love for the lyrics or for the music – or both! Gather some art supplies – paper, paint, colored pencils, etc. Bring all of your materials to your sacred space. Put your playlist on and paint or draw whatever comes to your mind. Try not to think about anything besides the music and your artwork. Keep creating until the music finishes. Look at your paper. Do you like what you created? Does it make sense or is it pretty random?</p>
	<p>Cook a meal from scratch with your family! Choose a meal to cook using only raw ingredients (ex: make pizza dough from flour, yeast, oil, etc., and not by defrosting a pre-made crust!). At this time of year, can you make a meal with only locally-sourced ingredients? Reflect on how you are part of the “interdependent web”. Plan some meals that you want to make this summer and think about what you need to do to make that happen? Maybe you can plan to plant a garden, join a CSA, or visit a farmer's market regularly.</p>
	<p>Watch a movie with your family and take the “7 Principle Challenge”. Every time you see one of our 7 Principles in action in the movie, write it down. You may choose to have one person be the scribe for the whole group or have each person keep their own list. See www.uua.org for a reminder of what the Principles say. If this movie didn't have a lot of examples of the Principles in action, can you think of a movie that might have more?</p>
	<p>Reach out to someone and do something really nice to help them cope with social distancing – act out our 2nd Principle! You might want to write some letters to elderly relatives or congregants to let them know you're thinking of them. Maybe you can do some yardwork – or walk a dog - for a neighbor who is unable to leave their home. Help your parent with a project around the house. The sky's the limit ... just lead with kindness!</p>

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