## A Message from Rev. Chris

It is time to <u>register</u> to join in our annual Ferry Beach weekend retreat for all ages! It is so important to remember to stay grounded in our community and in ourselves, and to find and savor moments of joy, during these tumultuous times. This will be a great way to do so. Find all the details in this week's newsletter.

This Sunday, children and youth will begin in the Skylight Room right at 10am. During that time, we will be putting together 100 dinner bags to accompany hot to go meals at My Brother's Table, honoring St. Patrick's Day, looking ahead towards Easter, and connecting all of this to how we understand our own faith as Unitarian Universalists. The group will also take a moment to reflect on the joy of their performance of "The Tortoise and the Hare" last Sunday during worship, as well!

If you come early for worship on Sundays, you may notice a class is going on before worship for the next few months in the Mural Room. This is our K-1st grade OWL class, which offers a curriculum to help parents and caregivers educate their children about bodies, gender, boundaries, families, conception, birth, and babies in age-appropriate ways. Our 4th-5th grade OWL class will be starting up this Sunday, meeting at 3:30pm in the Skylight Room on most Sundays for the next few months, as well. The Youth Group will also gather this Sunday at 6pm to put together 100 dinner bags of their own for My Brother's Table, and to cook and freeze some more homemade soups. This was a popular offering when they made soup back in December, and since all of the soup has been happily taken, they've decided to make more – for anyone who might appreciate a home-cooked soup!

Abundant Blessings, Rev. Chris