

Living our Mission (even in Summer!)



berries EXPLORE: BE A SPIRITUAL SEEKER

Borrow a book from First U's Library¹ ♥ Meditate in the morning sun ♥ Take a beauty walk² ♥
Livestream the Worship Service from the General Assembly³ ♥ Visit a neighboring UU church ♥
Read about other faiths ♥ Practice yoga on the beach ♥ Smooth your breathing⁴ ♥
Contemplate the act of prayer and if it fits in your faith practice ♥ Meet with or join a small group ♥

berries EMBRACE

Work a shift at Clam Fest⁵ ♥ Mail a hug⁶ ♥ Ask about joining a group or committee at First U ♥
Grow a grateful heart⁷ ♥ Invite friends to share a meal ♥ Conduct a life story interview⁸ ♥
Make extras of what you create, craft, or cook for the Holiday Fair ♥ Plant seeds of gratitude⁹ ♥
Visit someone who lives alone ♥ Tell a friend about your favorite things about First U ♥

berries ENGAGE

Create and operate Rescue Wagons¹⁰ ♥ Consider what you could offer as a mentor to New Mainers ♥
Volunteer at the Preble Street Soup Kitchen¹¹ ♥ Practice kindness toward others ♥
Write letters or postcards of encouragement to people who are working to bring about change ♥
Explore the idea of a pilgrimage to Transylvania or a mission trip to Appalachia¹² ♥
Learn more about MUUSAN¹³ ♥ Participate in the Pride Portland! Parade and Festival ♥

See the following pages for directions, ideas, and suggestions related to these activities.

HOW TO...

1 Borrow a book from First U's library. (all ages)

Slowly, all of the books in First U's library are being added to an online database. You can browse the books by visiting: <http://www.librarything.com/catalog/firstu>. You also can come into the church during office hours and look through the shelves. And don't forget to check out our Little Free Library.

2 Take a beauty walk. (all ages)

Take a walk anywhere — around your neighborhood, downtown, in a park, on a trail, on the beach — with the intention of seeing how many colors, shapes, and textures can be discovered. Gather around the discoveries and appreciate the differences you find. You can choose for this to be a "looking only" walk or one where a few treasures can be found and brought home.

3 Livestream Worship Services from the General Assembly. (ages 6+)

Visit <https://www.uua.org/ga/off-site/2018> to access the free livestreams, June 20—24.

4 Smooth your breathing. (ages 4+)

Lie down quietly on the floor, a rug, or a mat, on your back, with your knees up and feet flat on the floor. Put your hands on your belly and close your eyes and focus on your breath. Each time you breathe in, you can fill your belly with air, so that it puffs out like a balloon (diaphragmatic breathing). Then, as you exhale, your hands come back toward the floor as your belly empties.

5 Work a shift at the Clam Fest. (ages 12+, some tasks are 18+)

Sign-up to help out at the Clam Fest by visiting: http://uuyarmouth.ivolunteer.com/clamfest_2018

6 Mail a hug. (ages 2+)

Supplies: colorful paper, pen or pencil, hole punch, string, envelope, note card, stamp, addresses.

Discussion/Reflection: think about who could use or would like a hug in the mail.

Directions: trace handprints on colorful paper and cut them out, punch a hole in the hands and tie together with a long piece of string. Put handprints and string in a note card with a message that reads "Wrap these hands around you whenever I'm away, so you can have a hug from me anytime of the day!" Mail the envelope, card, and handprints to a friend or relative.

7 Grow a grateful heart. (ages 4+)

Supplies: pens or pencils, poster board, scrap paper, markers, crayons, or colored pencils

Discussion/Reflection: think about or discuss what you love having in your life. Consider all the gifts that surround you in your world including people (family, friends, neighbors), home, favorite places, animals, things, food, books, etc. Jot down notes on the scrap paper.

Directions: draw a huge heart on the poster board. Inside the heart write the words, "I am grateful for" and write or illustrate some or all of the things you love having in your life.

Optional: instead of illustrating what you are grateful for, create a collage out of found images.



HOW TO...

9 Conduct a life story interview. (ages 8+)

You Will Need: a willing elder, grandparent, or friend, a notebook and pen or pencil.

Optional: you could record (audio or video) the interview.

Directions: Determine the time and a quiet place for the interview. Note that this could be one-on-one or involve a small group of interviewers with the interviewee.

Some Questions That Could Be Used:

- ♥ When and where were you born?
- ♥ Who were your parents? Where did they come from? What do you remember most about them?
- ♥ What's your earliest memory?
- ♥ Where did you live as a child? What places do you most remember from childhood?
- ♥ What kinds of things did you do by yourself, with your family, with your friends?
- ♥ What kinds of foods did you eat? What were your favorite meals? Who did the cooking?
- ♥ How did your family celebrate holidays? Do you have any favorite stories about your family?
- ♥ Who were your favorite people? Who were the people you most admired?
- ♥ What did you wear?
- ♥ How did you get around?
- ♥ How was life different from the way it is now?
- ♥ What values do you think are important for people to live by?

9 Plant seeds of gratitude. (ages 4+)

Supplies: potting trays or small pots, soil, packets of seeds, water and watering can, small trowel

Directions: prepare small pots or potting tray with soil, choose seeds to plant, as each seed is planted bless the seed with love and say aloud one thing you're grateful for with each seed planted, continue to water seeds regularly and be reminded of the things you are grateful for.

Optional: create labels for seeds (consider recycling popsicle sticks)

10 Create and operate rescue wagons. (ages 4+)

Supplies: a small wagon or cart, two cardboard boxes that can fit in the wagon or cart, plastic bags for collecting trash, old gloves or garden gloves for collecting trash, art materials for decorating the cardboard boxes

Create Your Rescue Wagon: You are going on a rescue mission for the environment (Mother Earth). Decorate your cardboard boxes with messages and images about taking care of the earth. Label one box for returnables (glass, cans, bottles) and label the other box for general recycling. Put your decorated boxes and plastic bags for trash in your wagon or cart. Consider naming your rescue team.

Directions: Begin your clean-up rescue mission — you can start in your neighborhood or community or visit a nearby park — and pick up trash or recycling that has been left behind. Wear your gloves and warn young children not to pick up broken glass or sharp cans. Children often enjoy sorting the trash/recycling into the right container. Allow children to participate afterward at home by putting trash or recycling away at home, helping to bring out trash/recycling to be picked up, and/or bringing trash/recycling to the transfer station or dump.



HOW TO...

11 Volunteer at Preble Street Resource Center. (ages 13+)

To sign-up to help serve dinner at Preble Street Resource Center over the summer, contact Phyllis Chinlund at pchinlund@gmail.com.

12 Explore a...pilgrimage to Transylvania. (ages 18+)

The Partner Church Committee, part of Faith In Action at First Universalist, is organizing a pilgrimage for Spring 2019 to visit our partner village and church in Gyepes, Romania. For more information, contact Marge Titcomb at mjtbean@aol.com.

12 Explore a...mission trip to Appalachia. (ages 14+)

First Parish and First Universalist are exploring a partnership involving a youth mission to West Virginia in Summer 2019. If you're interested in learning more about this youth mission, contact Gwen Matthews, Program Assistant, at gwenatfirstu@gmail.com.

13 Learn more about MUUSAN. (ages 12+)

The Maine Unitarian Universalist State Advocacy Network (MUUSAN) is a statewide advocacy and public policy network anchored in our Unitarian Universalist faith and animated by its principles. To learn more about MUUSAN, visit the website www.muusan.org.

