

What's a UU To Do in The Summer?



EXPLORE: BE A SPIRITUAL SEEKER

Borrow a book from First U's Library¹ ♥ Meditate in the morning sun ♥ Visit a neighboring UU church ♥

Learn about other faiths ♥ Practice yoga on the beach ♥ Take a beauty walk² ♥ Smooth your breathing³

Come to Vespers in August at First U ♥ Contemplate the act of prayer and if it fits in your faith practice



EMBRACE

Work a shift at Clam Fest⁴ ♥ Plant seeds of gratitude⁵ ♥ Ask about joining a group or committee at First U

Grow a grateful heart⁶ ♥ Invite friends from First U to share a meal ♥ Conduct a life story interview⁷ ♥

Make extras of what you create, craft, or cook for the Holiday Fair ♥ Work a second shift at Clam Fest!



ENGAGE

Create and operate Rescue Wagons⁸ ♥ Consider what you could offer as a mentor to New Mainers ♥

Volunteer at Preble Street Resource Center to help feed the hungry⁹ ♥ Practice kindness toward others ♥

Write letters or postcards of encouragement to people who are working to bring about change in this world



LAUGH: UU JOKES

You may notice that Unitarian Universalists tend to take a couple months off during the summer with some churches closing completely. Other denominations sometimes question this practice, saying "God never rests." UU theists like to respond: God trusts us enough to let us out of his sight for a while.

I'm not even sure if I am Unitarian Universalist...I suppose that removes all doubt.



Your mama's so UU...

- ♥ she thinks that Super Bowl Sunday is about Water Communion during Ingathering.
- ♥ for your birthday she gives you a goat...that lives in an African village.
- ♥ you didn't know that radios could play anything besides NPR until last year.
- ♥ she brings vegan lasagna to barbeques.
- ♥ she made you move six times so that you could have 7 principals.
- ♥ even though she doesn't find these jokes funny, she respects my decision to tell them.



HOW TO...

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

We slowly adding all of the books in First U's library 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 in the Gathering Room.

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 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.

4 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_2017

5 Plant seeds of gratitude. (ages 4+)

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

6 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...

7 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?

8 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.

9 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.