



Full Week

Faith

These resources and ideas are tied to the theme and offer ways for you to engage with the worship series throughout the week.



EXPLORE THROUGHOUT THE WEEK

Books

- The *Peaceful Piggy* books by Kerry Lee MacLean
- The *I Am [Peace, Yoga, Human, Yoga]* books by Susan Verde
- *Firenze's Light* by Jessica Collaco ([Youtube reading here](#))
- *The Little Book of Big Change* by Amy Johnson
- *Getting our Bodies Back* by Christine Caldwell
- *Serving with Grace, Faithful Practices, or Simply Pray* by Erk Walker Wikstrom
- *The Sustainable Soul* by Rebecca James Hecking
- *Say To This Mountain* by Myers, et al

Movies

- (short Youtube video) [An Experiment in Gratitude by Soul Pancake](#)
- *Kirikou and Karaba the Sorceress*, a French film by Michel Ocelot (there's an English-dubbed version)
- *Spirited Away* by Hayao Miyakazi
- for older children-- *The Princess Kaguya* by Isao Takahata

For adults--

- *Waking Life* by Richard Linklater
- *Baraka* by Ron Fricke
- *Jacob's Ladder* by Adrian Lyne
- *The Cruise* by Bennett Miller

Movement

Find guided relaxation videos on Youtube with Cosmic Kids Yoga - Jaime's [Peace Out Guided Relaxation](#) series is just one of many resources she shares. Her [Zen Den](#) helps kids navigate feelings; other work includes yoga using stories, characters and ideas that make yoga and mindfulness fun, understandable and practical.

Songs / Music

- "More Than This" by Peter Gabriel
- "Signal to Noise" by Peter Gabriel
- [Hare Krishna](#) or [Radhe Govinda](#), check out Krishna Das' version
- Sadhguru's [Brahmananda Swarupa](#)
- "When the Spirit Says Do", #1024 in *Singing the Journey* (teal hymnal) - [Raffi's version here](#)
- Consider listening to the sound of [Calming Seas](#)

Craft

Make a tracking chart or color in a chalice like [the one to the right](#) to show how often you gift yourself with moments of silence - can you color it all in before Dec. 22nd?



ONLINE RESOURCES

*[Gratefulness.org](#) offers several methods for connecting with the spirit, including [Light A Candle](#), a sweet process for sharing the sentiments of Joys and Sorrows with the world.



*Snohomish County's [Spirituality and Your Health](#) page offers information for service members, veterans and their families that is useful for anyone seeking to improve health.

Meditation has been shown to decrease stress and immune and emotional responses to stressful situations - do you have a meditation practice? [This WebMD article](#) shares about just 20 minutes a day making a difference in health.

A TEST OF FAITH

There are so many different spiritual practices - is there something you don't consider "spiritual"? Consider a practice you find yourself judging, and see if you can unpack that, perhaps see the practice from another's point of view, how it might engage the spirit, and then sit with your emotions and thoughts, and hold that in quiet for a while.

PARENTING RESOURCES

*While the title of this **article** is presumptuous in that spirituality can be taught, the article itself has some great suggestions for **exploring spirituality** and various spiritual paths - ["Teaching Spirituality to Kids"](#) by Teri Cettina, shared at Parenting.com.

*Scott Noelle of [The Daily Groove](#) offers resources for caregivers to **consider the reasons for the ways we parent**, to dig in and shift from the cultural norm of force to spirit-oriented and love-centered power, with suggestions for ways to engage harmoniously as a family.

*Possible **Workshop** for Parents/Caregivers called **Parents as Spiritual Guides** - this **6-session** UUA workshop focuses on developing the adults in the family as the spiritual guides by growing deeper into their own spirituality--let Mari know if you are interested in this!

UUA RESOURCES

*Find our new brochure called "Family Prayers" on the table near the entry.

*From this UU World article called ["Finding a UU Spiritual Path"](#), by Scotty McLennan - "But the priest kept emphasizing getting on a path, following a discipline, becoming committed to a teacher and a set of teachings. "There are many paths up the spiritual mountain," he would say, "and they all reach the top, but you need to follow a path, and you can't be on more than one at a time."