



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 / Poetry

- Stand Tall, Molly Lou Melon by Patty Lovell and David Catrow
- *If--* by Rudyard Kipling
- *A Thousand to One* by Berton Braley
- What Do You Believe? (Big Questions) by DK Publishing
- I Wonder by Annaka Harris
- The Tibetan Book of Living and Dying by Sogyal Rinpoche

Movies

- "Up"
- "Kiki's Delivery Service"
- "Akeelah and the Bee"
- "Long Way North" by Remi Chaye
- "Finding Nemo"

Craft

Make a "What Do You Believe" cootie catcher!

If you haven't made one in a while, [follow these directions](#) - rather than writing fortunes in the blank spaces, write open-ended beliefs questions. Here are a couple of examples, get creative, feel free to bring yours on a Sunday and share!

1. What are your beliefs about small deeds?
2. What do you believe about souls/spirits?
3. What are your beliefs about whether people are good or bad?

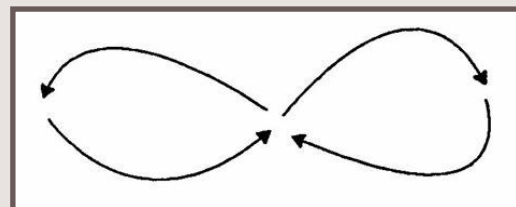
Songs / Music

- "Just A Little Seed (I've Got Potential)" by Liz Buchanan
- "I Won't Back Down" by Tom Petty
- "It's My Life" by Bon Jovi
- "You're the Voice" by John Farnham

Movement

Crossing the midline (a vertical "line" from the middle of the top of your head down through your torso) is an important movement for the body in stimulating communication between the left and right sides of the brain, which improves attention, retention, and can contribute to a deeper sense of self-worth and possibility.

Standing up or sitting on a chair, draw a sideways figure 8 in the air, 3 times, like the one pictured below, making the movement as wide and tall as you can. Then rotate to make the 8 in the other direction. Switch arms and repeat in both directions. A fun variation on this is to lay on your back and draw the figure 8 in the sky with each of your legs.



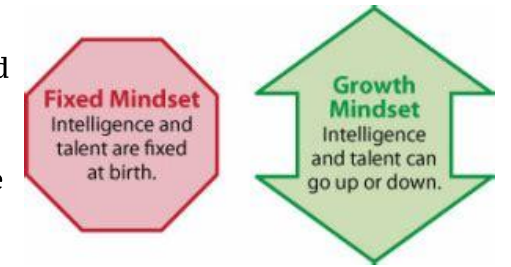
UUA RESOURCES

What do we [believe as Unitarian Universalists](#)? Sometimes we identify by what we don't believe as much as or more than what we know to be truth. What is our origin story? How does our history fit in with your personal beliefs, both those you hold deeply and the ones you're still developing? Find more about [UU Origins](#). Do you find [what unites us](#) in our faith tradition overcomes our differences?



PARENTING RESOURCES

Do you believe your intelligence and talents are fixed and finite, or that they can be improved with effort and time or lost with lack of use? Do you find yourself saying, "I can't do that!" OR "I can't do that...yet!" Our [beliefs about our intelligence and talents](#) inform the risks we take, the challenges we accept, how we [deal with feedback](#), and whether we complete projects, as well as the willingness with which we approach learning. A [Growth Mindset](#) is one focused on the power of 'yet' - learn more about [developing this mindset](#) and what it means to [praise effort rather than accomplishment](#).



[Parenting Beyond Belief](#) by Dale McGowan is a book that examines what it means to believe, and how people can parent/engage with children on topics ranging from ethics to beliefs to exploring possibilities. [Raising Freethinkers: A Practical Guide for Parenting Beyond Belief](#), by the same author, offers practical suggestions for the work.

A TEST OF FAITH

Do you question what you believe? Have you had your beliefs tested in such a way that you have changed or modified the belief, or perhaps discarded it altogether? As UU's, we hold a variety of beliefs across a wide spectrum - when you encounter others with rigid beliefs, how do you respond? Do you believe those people have worth and deserve acceptance?

ONLINE RESOURCES

This [TED Talk](#) offers suggestions about what to do when our beliefs are challenged, and this one is about [defending our beliefs](#) even when we're wrong. Do you approach your beliefs with curiosity?