

December 2020

Dear Families,

A new month's worth of pew/couch packs are here. Please remember that these are a blend of activities some appealing to older kids, some to younger. Every Sunday, family worship begins at 10:00 am, meeting in the worship Zoom Room. Log on to our worship link [www.tinyurl.com/wusfamily](http://www.tinyurl.com/wusfamily) just before 10 a.m. The service is short and interactive and ends in time for everyone to Zoom over to the 10:30 worship service at [www.tinyurl.com/wusworship](http://www.tinyurl.com/wusworship).

Every Sunday, after the First Reflections, we offer Story time for our youngest members. Sessions are led by Juanita Simms, our playroom leader and parent/child educator. When the First Reflections ends, Parents are welcome to stay, or if you prefer, watch the main service on a second device.\* **Page 4 of this pew/couch pack has a December calendar**, containing suggestions for family or individual acts in a season of kindness. They are all doable remotely or in the home.

**Pages 2 and 3 have meditation scripts**, a visualization on the dark for younger children, and a counted breathing script for older children. There is also a note on the usefulness of intentional breath.

**Pages 5-24 Contain printables** for the month with activities and some facts for families about December holidays.

See you on Zoom!

Welcome to you all, Rebecca (Kelley-Morgan) She/hers/they/theirs

*\*If you do not have access to a second device, please contact Rebecca. All requests are confidential.*

**Centering for young children:**

Begin with the Meditation Fingerplay to center the children. Invite the children to follow along:

“I wiggle my fingers, I wiggle my toes, I wiggle my shoulders, I wiggle my nose.  
Now no more wiggles are left in me, so I’ll be as still as still can be.”

Now, with all the wiggles out of us, let's get into our meditation positions.

Sit comfortably in your chair or on the floor.

Put your hands on your lap or on your knees.

Sit up nice and tall.

Focus your eyes in front of you.

Find your breath moving in your body by taking in one breath through your nose and then slowly breathing it out through your mouth.

Winter means it gets dark early. We walk in the dark, we eat dinner in the dark, we go to bed in the dark. Every year our earth dances a dance of night and day, day and night.

This time of year is called Winter Solstice. Think of all of the things about darkness.

Sometimes it can be a bit scary. Sometimes it can be beautiful. What are the beautiful things about the dark? We can see twinkling stars, we get to rest our eyes in the dark.

Little mice love the dark. Owls love the dark. Our shadows are made out of dark. We can play with flashlights in the dark. Imagine all the beauty of the dark...!

Now return to us. Ring the bell to end the meditation.

\*Breathing is essential to life. It is one of the most effective ways to calm down our nervous system and reduce stressful patterns. We can use breathing to control our thoughts, reactions, emotions and behaviors. Here is a simple exercise to reduce panic especially before a test, exam or other stressful situation. There are three stages: inhalation, retention and exhalation. If this exercise is practiced regularly, the children will be able to inhale, hold the breath and exhale for longer periods of time.

### **Sunbeam Counted Meditation**

Close your eyes.

Place your hands gently on the sides of your ribs

Breathe in through your nose for 2 counts and  
feel your lungs expanding

Hold your breath for 2 counts

Then breathe out through your mouth for 4 counts

And again, breathe in through your nose for 2 counts

Hold for 2 counts

And breathe out through your mouth for 4 counts

Notice how your body feels now.

Lets try breathing in for 3 counts

Hold for 3 counts

And breathing out for 6 counts

This time breathe in positive, happy energy

As you hold your breath,

notice the quiet and stillness around you,

When you breathe out,

let go of any feelings or thoughts that make you worried or unhappy.

Let's do this again but this time as you breathe in,

See a sunbeam entering your body from the top of your head,

As you hold your breath,

spread that light through your body

When you breathe out,

send out rays of light from your body

To fill the whole room, the whole building,

the whole city, the country,

you can go even further into space

Spread your light as far as you wish, just like the sun.

Practice a few more times.

Notice any further changes to your body or your feelings.

Return to normal breathing.

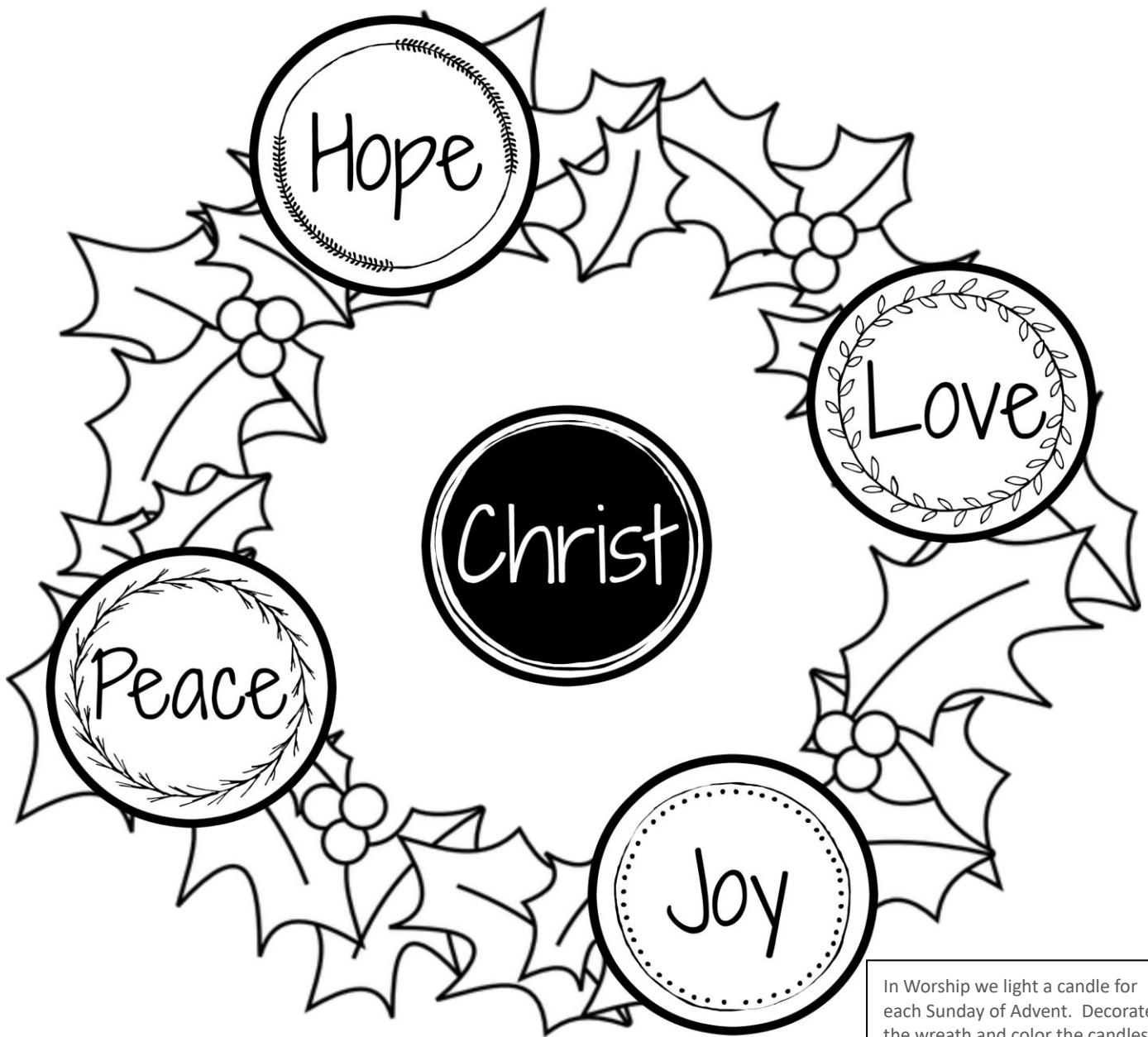
# Acts of Kindness

## At home in December

Sun.	Mon.	Tue.	Wed.	Thurs.	Fri.	Sat.
		<b>1</b> Think of something you can do really well and show a friend or family member – pet grooming, setting the table. You can even record it to show later.	<b>2</b> Find a place in your home where you can post this calendar for a month of kindness. Then decide what kindness means to YOU.	<b>3</b> Listen carefully to someone younger than you. If you are the youngest tell someone something that is important.	<b>4</b> As a family, listen to a peaceful song together.	<b>5</b> Find a way to make something tidy (clean up without being asked?)
<b>6</b> Come pick up an ornament to decorate and return. You'll find them outside at WUS.	<b>7</b> Do a chore at home for extra money to donate to the Woburn Council on Social Concerns	<b>8</b> Offer to help someone at school or at home today. Or receive help from someone else and give them a smile.	<b>9</b> Look for an object from nature that you think is special that you could bring inside and put by your chalice	<b>10</b> Hold a family meeting to find ways for things to run more smoothly.	<b>11</b> Spend 5 minutes being quiet without reading or looking at a screen.	<b>12</b> Donate towels and food to your local animal shelter.
<b>13</b> Come to virtual pageant Sunday!	<b>14</b> Do a chore at home for extra money to donate to the Woburn Council on Social Concerns	<b>15</b> Visit this Justice and Diversity library booklist. <a href="https://cdjlibrary.org/booklists/2020/12/1/books-exploring-stillness-december-">https://cdjlibrary.org/booklists/2020/12/1/books-exploring-stillness-december-</a>	<b>16</b> Write down or draw a picture of one thing that makes you feel peaceful and put it by the chalice	<b>17</b> Write a letter to President elect Biden and let him know what is important to you.	<b>18</b> Look for a way to stand up for someone else	<b>19</b> Feed the birds
<b>20</b> Bring decorated ornaments back and pick up your Christmas Eve candles	<b>21</b> Try to go the whole day without arguing or raising your voice at anyone.	<b>22</b> Try to recite the 7 UU Principles	<b>23</b> Leave a note for the mailperson and other delivery people who are working hard this year.	<b>24</b> Bring family and friends to our virtual Christmas Eve Service.	<b>25</b> Find a cause that your family is passionate about and email it to <a href="mailto:rebecca@winchesteruu.org">rebecca@winchesteruu.org</a> .	<b>26</b> Pick up trash along your front yard or sidewalk
<b>27</b> Plan a family dinner that includes everyone's favorite food	<b>28</b> Do a chore at home for extra money to donate to the Woburn Council on Social Concerns	<b>29</b> As a family, try cooking something new	<b>30</b> Make a list of things you don't want in the New Year. Leave it for a night and tomorrow, burn the paper or let it dissolve in water.	<b>31</b> Gather around your chalice and make a wish for the new year		



# Color Your Advent Wreath



In Worship we light a candle for each Sunday of Advent. Decorate the wreath and color the candles as we light them. Hope, Peace, Joy, are colored purple. Love is colored pink and on Christmas Eve the candle in the middle, called by some, the Christ candle, is lit.

## Chalica Calendar

1. Supplies: Cardstock/paper, crayons or markers, and the ability to print this document.
2. Print the first two pages front & back on one sheet, and the third on a second sheet.
3. After coloring, fold along base of candles so that the candles cover the numbers.
4. Cut along dotted lines between candles.
5. Flatten over second sheet so that Chalica and the candle flames are face up and aligned.
6. Glue the two sheets together, so that the candles are free to fold down.
7. The calendar is ready to use!



A few years ago, Some Unitarian Universalists created a weeklong Holiday of Chalica. Chalica has one day of the week for each principle.

Chalica starts on the first Monday of December. (This year, December 7<sup>th</sup>)

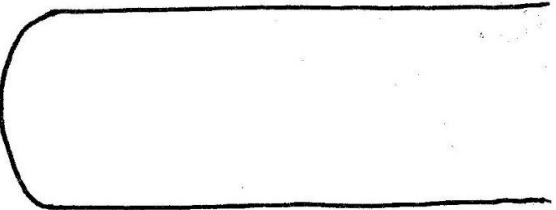
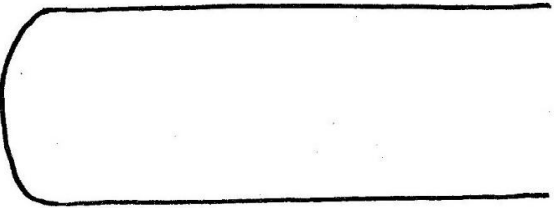
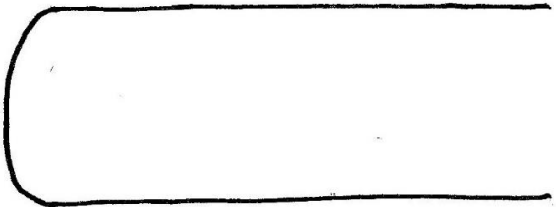
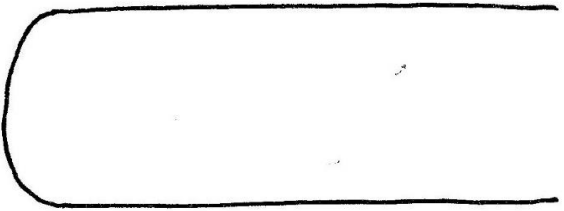
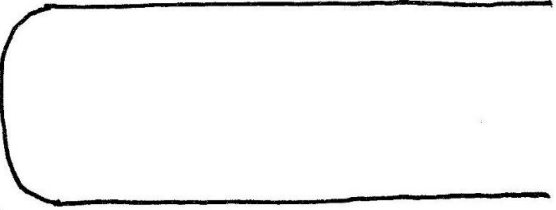
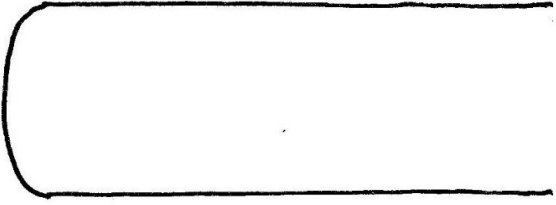
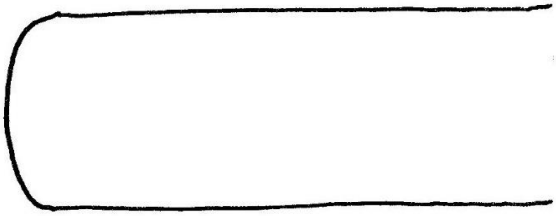
Each day you can "light" a candle for that day's principle.

*Thanks to Heather Cleland-Host and Carol Cooper  
(Unitarian Universalist Fellowship of Midland, MI)*

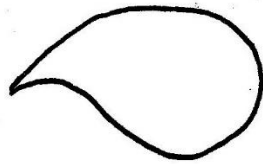
1 2 3 4 5 6 7

GHALLIGA

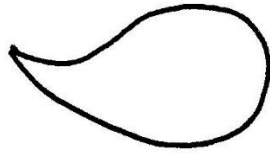




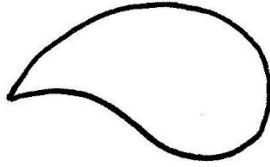
Every Person  
is  
Important



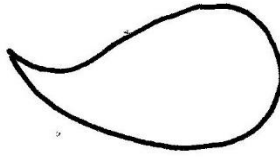
Be fair  
+  
kind



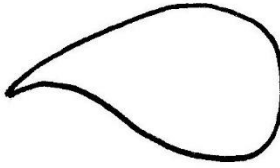
Learn  
Together



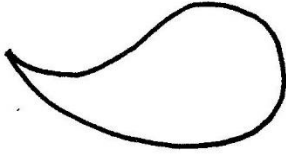
Seek  
truth +  
meaning



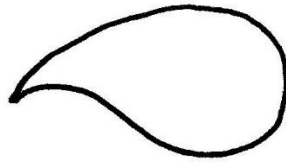
Everyone  
has a  
voice.



Seek Peace  
+  
Justice.



We are  
all  
connected.



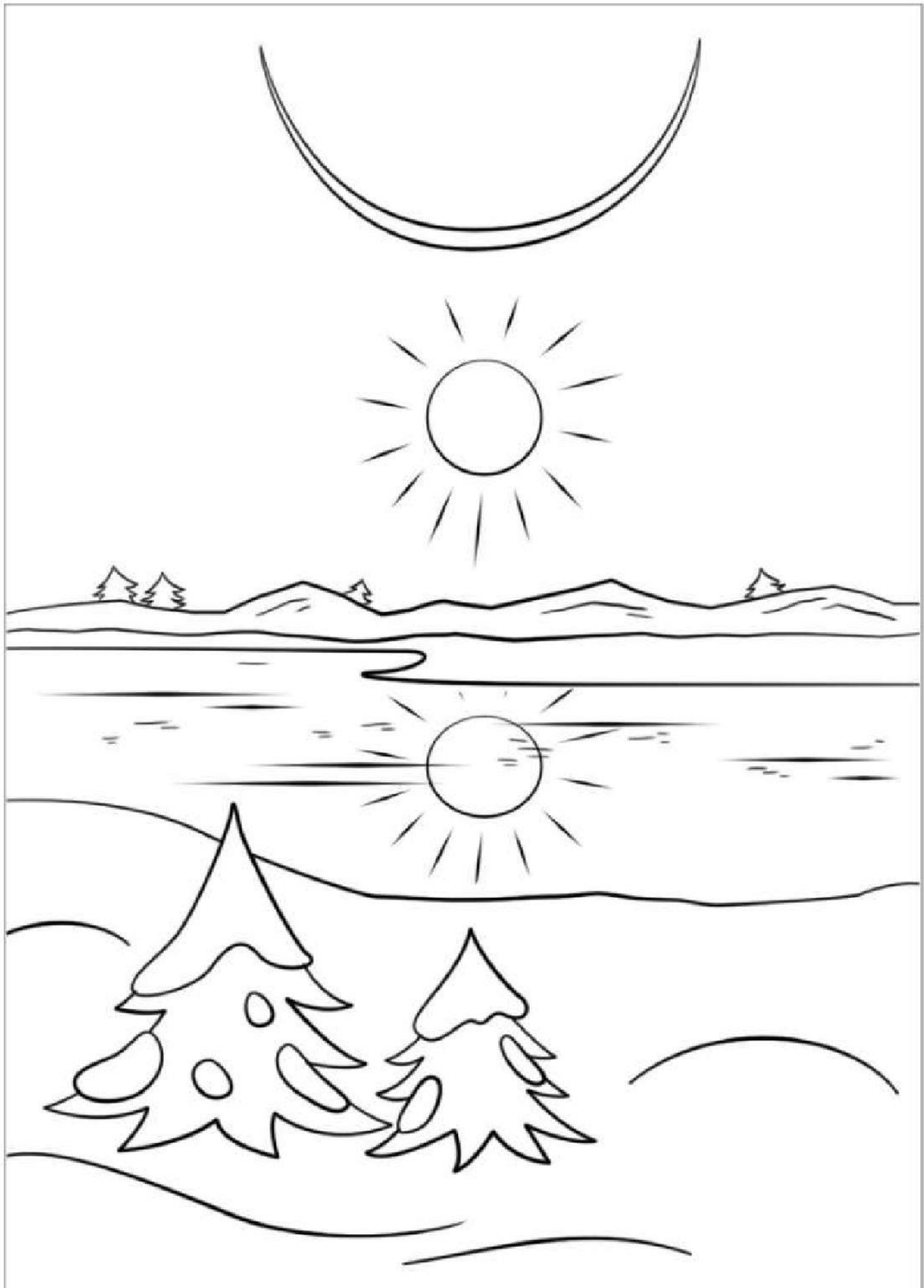


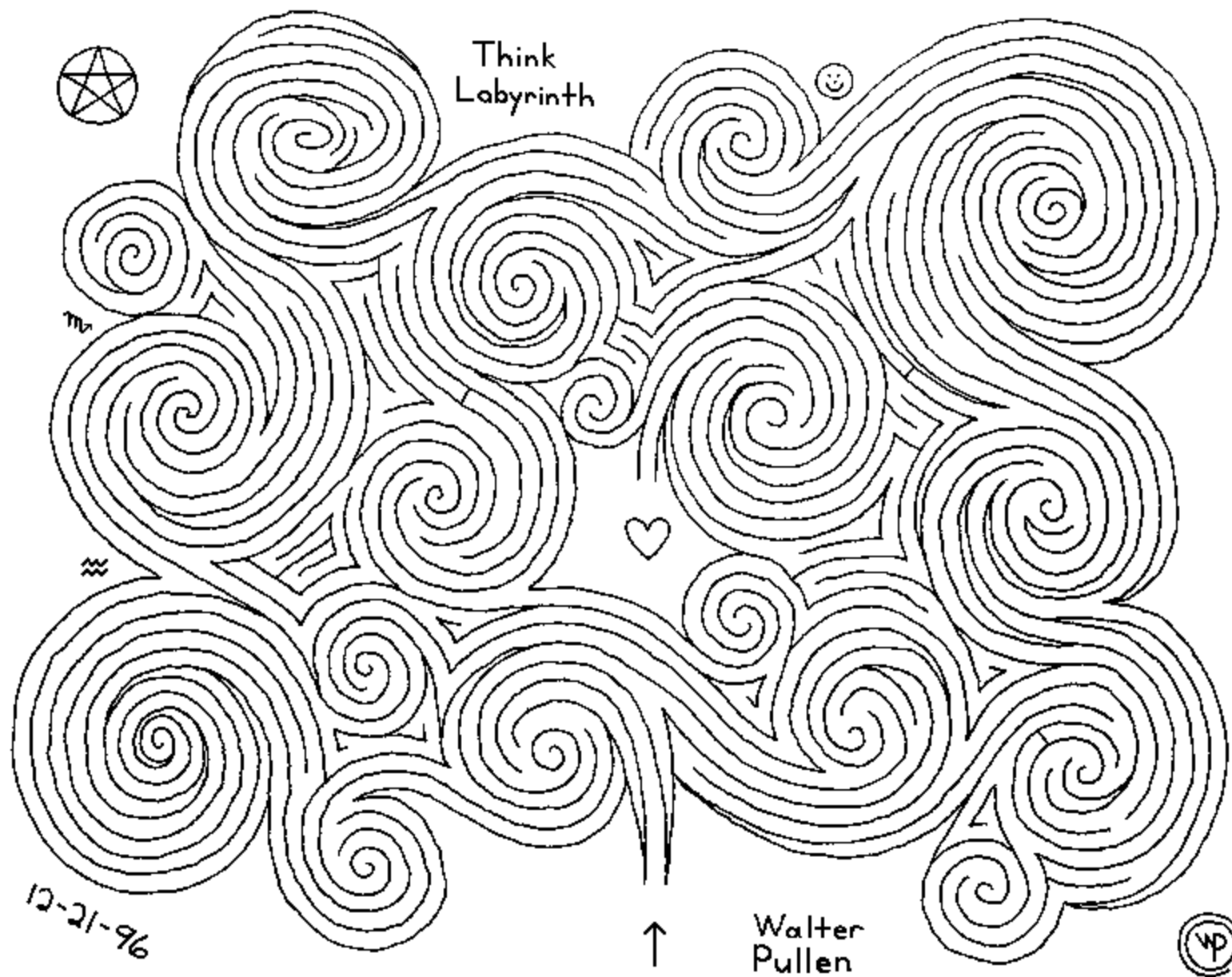
1000 concentric circles. The maze is a single path.



The Winter Solstice is celebrated on the Longest Night and the Shortest day of the year. After winter Solstice we will have more minutes of sunlight until the Summer Solstice. People light bonfires and some stay awake all night to wait for the next morning sunrise.







Think  
Labyrinth

Happy Solstice!

12-21-96

↑  
Walter  
Pullen



# Hanukkah Word Unscramble

The letters of the words below are all mixed up. Figure out what the word is and write it on the blank line provided.



- |                    |                  |
|--------------------|------------------|
| 1. OVMENREB _____  | 7. NAREOMH _____ |
| 2. LOI _____       | 8. AHROT _____   |
| 3. TEPMEL _____    | 9. ATDMUL _____  |
| 4. BSSNGSILE _____ | 10. RERPYA _____ |
| 5. ILHADYO _____   | 11. HTGEI _____  |
| 6. VELKSI _____    | 12. THFIA _____  |

- |  |  |
|--|--|
| 1. 11th month of the Gregorian calendar.                         | 7. 8-branched candleholder, lit during the Jewish festival of Hanukkah |
| 2. Usually olive oil   | 8. 5 Books of Moses, the Jewish Pentateuch, or a parchment scroll      |
| 3. Where Jewish people pray                                      | 9. Book of Jewish law.   |
| 4. Help believed to come from God or another deity               | 10. We fold our hands in this.   |
| 5. No work, no school.   | 11. Number before nine.  |
| 6. In the Jewish calendar, the ninth month of the religious year | 12. Our belief.  |

NOVEMBER	OIL
TALMUD	PRAYER
FAITH	EIGHT
BLESSINGS	TEMPLE
MENORAH	TORAH
HOLIDAY	KISLEV



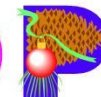
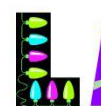


This is a menorah. Menorahs are lit at Chanukah\*. Thursday December 10<sup>th</sup>- Friday December 18<sup>th</sup>, the Jewish eight-day, wintertime “festival of lights,” is celebrated with a nightly menorah lighting, special prayers and fried foods.

The Hebrew word Chanukah means “dedication,” and named that way because it celebrates the rededication of the Holy Temple of the Jewish People a very long time ago.

\*Also spelled Hanukkah (or variations of that spelling), the Hebrew word is actually pronounced with a guttural, “kh” sound, kha-nu-kah, not tcha-new-kah.

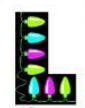
# CHRISTMAS I-SPY PICTURE LIST



On December 25<sup>th</sup> Christmas is celebrated. For many Christians around the world, it is a special day to remember the birth of the baby Jesus, who grew up to be a great teacher and healer.

Can you match the pictures here on this page to the big picture on the next page?

# CHRISTMAS I-SPY



Merry Christmas



# CHRISTMAS COPY LIST

- \* 2 sets of 3 wise men
- \* angel blowing horn
- \* baby Jesus in His mother's arms
- \* church
- \* "Merry Christmas" sign
- \* candy cane with bell
- \* 2 Bethlehem stars
- \* dove with blue branch
- \* wreath with candy canes
- \* lamb
- \* Christmas tree with presents
- \* 2 silver bows
- \* 4 candles
- \* 3 carolers
- \* snowy window
- \* horn with holly
- \* poinsettia
- \* horse and cart
- \* Christmas lights
- \* Mary
- \* stocking
- \* candle wreath
- \* letters A-Z
- \* numbers 0-9

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## **Christmas Around the World Word Search**

Find the following Christmas words in the puzzle.

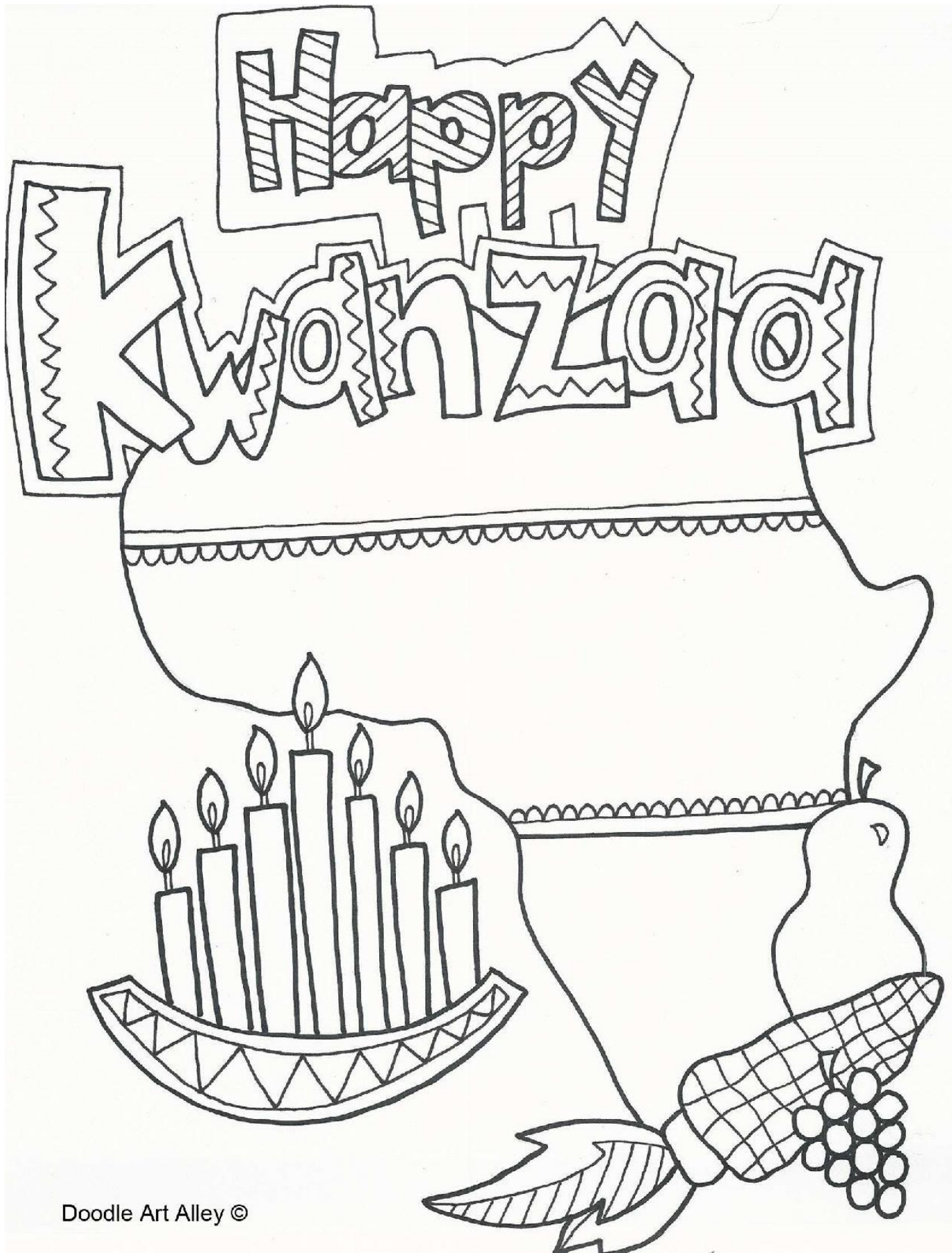
Q E U E S T S T L R B G E T S  
S E I K O O C E O T I E D J C  
W R R R G H H X L N D R A S U  
C T R Q F R S P G D A W R L J  
N A R R U E A E B T N Z A Z T  
C N P E H W R A S P Z A P Z U  
A A Y S L B Z G G G I P C M F  
N L E U R V S P I E U N F T S  
D F G E Z N A I F G I S A G F  
L Q A L O R A C T I O W L T J  
E D L X O I T L S R X N U B A  
S N H L I Y Y M U S F B C Z L  
W P Z Z U I I J H W W O U R V  
A R N I T W R E A T H D J B W  
W H J Y E W D G H N Q P A K Y

CANDLES  
CAROL  
COOKIES

GIFTS  
GINGERBREAD  
PARADE

PAROL  
PINATA  
SHOE

STAR  
TREE  
WREATH



## Kwanzaa Word Search

Find the seven principles of Kwanzaa in the word grid.

### Word Box

UMOJA KUJICHAGULIA UJIMA UJAMAA NIA KUUMBA IMANI

K	N	D	N	I	A	J	K	L	A
U	J	A	M	A	A	D	V	X	G
J	V	A	F	J	I	T	O	B	K
I	X	Z	U	M	O	J	A	U	U
C	D	Y	J	B	X	S	M	H	U
H	S	W	I	E	E	I	O	G	M
A	K	Q	M	D	Q	C	J	F	B
G	R	H	A	H	I	A	L	R	A
U	F	V	D	R	G	V	F	E	G
L	Y	N	L	V	T	I	W	Q	D
I	L	M	I	M	A	N	I	K	A
A	O	L	D	C	V	V	N	S	Z

*Kwanzaa is a reflective holiday*, introduced in the mid-1960's in the U.S. during the Civil Rights Movement. It is a time when African-Americans celebrate their African heritages.

Kwanzaa was created by a college professor, Maulana Karenga, Ph.D of African-American Studies He created this holiday in an effort to pull the African-American community together in pride and unity. The reflective nature of Kwanzaa is based on ideas borrowed from an ancient African Swahili seven-day-long harvest celebration.

Dr. Karenga took some old ideas, and added some new ideas, and came up with the incredibly neat celebration called Kwanzaa.

Kwanzaa begins each year on December 26 and lasts through the first day in January. The symbols of Kwanzaa are African harvest symbols, like ears of dried corn and colorfully woven tablecloths. People decorate their homes for Kwanzaa.

An important symbol is the wooden candlestick. This candlestick holds 7 candles in a row. The center candle is black, to signify unity. There are 3 red candles on one side, and 3 green candles on the other.

**Day One: The black candle is lit. This is a day of togetherness, sharing feelings.**

The family gathers and shares how they feel about things happening in their lives, and their feelings about each other. Many problems are cleared up during this day, simply by talking about them. The black candle signifies unity.

**Day Two: A red candle is lit. This is a day of togetherness, sharing traditions.**

Some people teach others how to braid hair. Other might teach how to play an African drum. Still others might share an African recipe.

**Day Three: A green candle is lit. This is day of togetherness, sharing a common goal.**

Everyone in the family works together to get a chore done - perhaps paint a fence or clean out the garage. What's important is that everyone works together to get the job done.

**Day Four: A red candle is lit. This is a day of togetherness, sharing a family gift.**

All year long, people save their pennies. At Kwanzaa, they buy one gift that the whole family can enjoy. In years to come, every time any in the family sees this item, they will remember the family Kwanzaa. It can be anything, from a new staircase to a tiny cookie cutter.

**Day Five: A green candle is lit. This is a day of togetherness, sharing dreams and hopes.** This is an especially good day to ask your children, "What do wish to accomplish in the new year?"

**Day Six: A red candle is lit. This is a day of togetherness, sharing creativity.**

First, everyone in the family creates something - a poem, a story, a dance, a painting. In the early evening, the family gathers. Each family member shares what they have created.

**Day Seven: A green candle is lit. This is a day of togetherness, sharing a feast.**

Baked ham, roasted yams, collard greens, thick bread - it is a wonderful feast.