

# Faith at Home

For our youngest friends (ages 0 – 3)

December 2020

Theme: Stillness

## Poems & Songs

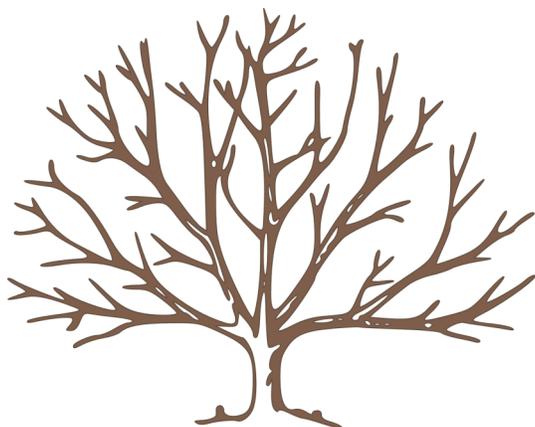
### Twinkle

What goes twinkle in the night?  
Twinkle, twinkle, star so bright  
What goes twinkle in the night?  
Twinkle, twinkle candlelight  
What goes twinkle in the night?  
Twinkling is a beautiful sight.

### It is Snowing

*(tune: Frere Jacques)*

It is snowing!  
It is snowing!  
All around,  
All around,  
Soft and quiet snowflakes,  
Soft and quiet snowflakes,  
Not a sound,  
Not a sound.



## Music & Movement

### We Wish you a Happy Solstice

*(tune: We Wish You a Merry Christmas)*

We wish you a Happy Solstice  
We wish you a Happy Solstice  
We wish you a Happy Solstice  
And a Cheery New Year.

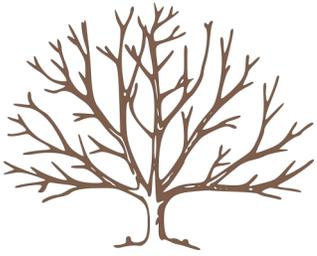
Now let's all do a little clapping (*clap*),  
Now let's all do a little clapping (*clap*),  
Now let's all do a little clapping (*clap*),  
And spread Solstice cheer  
*(raise arms above head).*

Now let's all do a little jumping (*jump*)  
Now let's all do a little hopping (*hop*)  
Now let's all do a little whirling  
*(spin around)*

Now let's all do a little stretching  
*(stretch up high)*

Now let's all do a little dancing (*dance*)  
Now let's all do a little waving (*wave*)

We wish you a Happy Solstice  
We wish you a Happy Solstice  
We wish you a Happy Solstice  
And a Cheery New Year.



# Faith at Home

For younger children (ages 4 – 7)

December 2020

Theme: Stillness

## Science

### Making a Candle Flame Jump

The Winter Solstice is a time of darkness and light, of candles and the returning of the light. Enjoy the [science of candles](#) while noticing the metaphor that we can rekindle each other's flame.

## Movement

### Nighttime Walk

Can you think of all of the ways that darkness is beautiful? Light a candle for the Winter Solstice and share with your family the ways you see beauty in darkness.

Consider taking a nighttime walk! Bring your candles, a flashlight, or enjoy the moon and stars. Did you discover more beautiful things about the dark?

## Read

### [The Spirit of Christmas](#)

by Nancy Tillman

## Music & Movement

### We Wish you a Happy Solstice

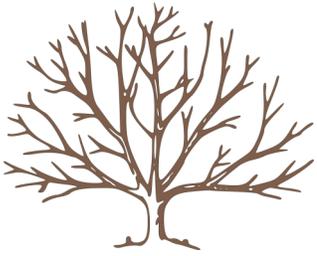
(tune: We Wish You a Merry Christmas)

We wish you a Happy Solstice  
We wish you a Happy Solstice  
We wish you a Happy Solstice  
And a Cheery New Year.

Now let's all do a little clapping (*clap*),  
Now let's all do a little clapping (*clap*),  
Now let's all do a little clapping (*clap*),  
And spread Solstice cheer  
(*raise arms above head*).

Now let's all do a little jumping (*jump*)  
Now let's all do a little hopping (*hop*)  
Now let's all do a little whirling  
(*spin around*)  
Now let's all do a little stretching  
(*stretch up high*)  
Now let's all do a little dancing (*dance*)  
Now let's all do a little waving (*wave*)

We wish you a Happy Solstice  
We wish you a Happy Solstice  
We wish you a Happy Solstice  
And a Cheery New Year.



# Faith at Home

For older children (ages 8 – 10)

December 2020

Theme: Stillness

## Science

### Making a Candle Flame Jump

The Winter Solstice is a time of darkness and light, of candles and the returning of the light. Enjoy the [science of candles](#) while noticing the metaphor that we can rekindle each other's flame.

## Movement

### Nighttime Walk

Can you think of all of the ways that darkness is beautiful? Light a candle for the Winter Solstice and share with your family the ways you see beauty in darkness.

Consider taking a nighttime walk! Bring your candles, a flashlight, or enjoy the moon and stars. Did you discover more beautiful things about the dark?

## Living Our Values

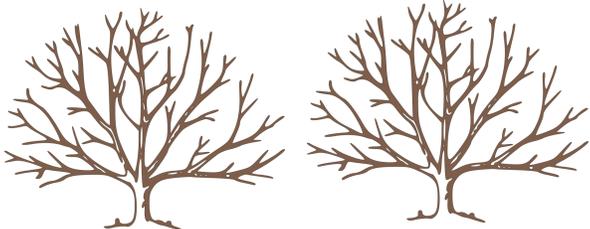
### A Christmas Pledge

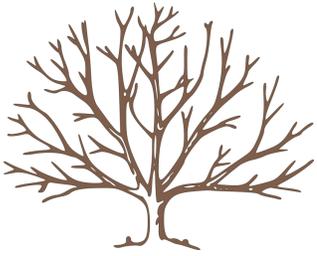
Create a family pledge around this holiday season. You can use these words or develop some of your own:

"Believing in the true spirit of Christmas, I commit myself to...

- \* Remember those who truly need my gifts
- \* Express my love in more direct ways than gifts
- \* Examine my holiday activities in the light of my deepest values
- \* Be a peacemaker within my circle of family and friends
- \* Rededicate myself to my spiritual growth"

Consider creating a paper tree and ornaments - on each ornament, write something you can do to live up to this Christmas pledge. For example: making a card for someone who may be lonely, donating socks to Preble Street, light a candle at dinner time and share about your day, tell someone close to you that you love them, or create [paper dove ornaments](#) to give away as gifts.





# Faith at Home

For middle schoolers (ages 11 – 13)

December 2020

Theme: Stillness

## Science

### Making a Candle Flame Jump

The Winter Solstice is a time of darkness and light, of candles and the returning of the light. Enjoy the [science of candles](#) while noticing the metaphor that we can rekindle each other's flame.

## Living Our Values

### Freedom's Eve

In Montgomery, AL there is a church named Old Ship ZME Zion Church that celebrates Freedom's Eve with solemnity and joy each December 31st. The first Freedom's Eve took place as enslaved Black Americans waited to find out if President Lincoln would sign the Emancipation Proclamation on January 1st. Imagine the first waiting, in stillness and anticipation. Watch this episode of [Journey Proud](#) to witness how Old Ship ZME Zion Church commemorates Freedom's Eve (begins at 17:50).

## Music

### All Will Be Well

The song *All Will Be Well* can be used as a meditation on stillness and hope. The song is about Julian of Norwich. She was an " anchoress," a nun in Medieval times who lived in a little room off of a church for 60 years. She spent her days in stillness, reading and writing by candlelight. *All Will Be Well* is from one of her writings and is performed by a UU minister, Meg Barnhouse.

### "All Will Be Well"

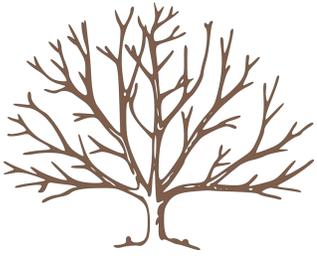
By Meg Barnhouse

Rev. Hillary also recorded a Time for All Ages back in May as a ministerial candidate that is based on Julian of Norwich's writings, titled *All Shall Be Well Again*. Listen to both versions.

### "All Shall Be Well Again"

Performed by Rev. Hillary

After listening and meditating on these songs, discuss or consider the question: How does the phrase "all will be well" or "all shall be well again" feel to you?



# Faith at Home

For high schoolers (ages 14 – 18)

December 2020

Theme: Stillness

## Living Our Values

### Freedom's Eve

In Montgomery, AL there is a church named Old Ship ZME Zion Church that celebrates Freedom's Eve with solemnity and joy each December 31st. The first Freedom's Eve took place as enslaved Black Americans waited to find out if President Lincoln would sign the Emancipation Proclamation on January 1st. Imagine the first waiting, in stillness and anticipation. Watch this episode of [Journey Proud](#) to witness how Old Ship ZME Zion Church commemorates Freedom's Eve (begins at 17:50).

## Reflection

### Mindful

Mary Oliver writes in her [poem](#), *Mindful*, "It was what I was born for — to look, to listen, to lose myself inside this soft world..." Try applying a model of deep listening to this text:

1. Read it once and focus on your feelings: "What feelings arise as I listen to the words?"
2. Read it a second time and focus on your memory: What memories do these words stir?
3. Read it a third time and focus on wisdom and guidance: What message do these words have for me?

Consider writing down your answers in a journal.

## Music

### All Will Be Well

The song *All Will Be Well* can be used as a meditation on stillness and hope. The song is about Julian of Norwich. She was an " anchoress," a nun in Medieval times who lived in a little room off of a church for 60 years. She spent her days in stillness, reading and writing by candlelight. "[All Will Be Well](#)" is from one of her writings and is performed by a UU minister, Meg Barnhouse. After listening and meditating on this songs, discuss or consider the question: How does the phrase "all will be well" feel to you?