

WORSHIP:

Dec. 1 "Awesome!" Jeff May asks what is it that truly inspires wonder and reverence?

Dec. 8 "Awe Gone" Rev. Tony Lorenzen has a plan for replacing consumerism with wonder.

Dec. 15 "The Call of That Special Star" Lynne Grobsky wonders about new beginnings.

Dec. 22 "Awe Infinitem" Rev. Tony Lorenzen teaches us awe is our primary UU spirituality.

Dec. 24 "The Child's Face" An All-Ages Christmas Eve with Rev. Tony Lorenzen at 6 p.m.

Dec. 29 "Awe in the New Year" Lynne Grobsky connects awe with optimism for the new year.

Family Friday - Dec. 13 The 2nd Friday of each month from 6-8 p.m. at the church - This month, Angelique helps us celebrate the Feast of St. Lucia, in the old Julian calendar, the winter solstice was Dec. 13.

PARENTING RESOURCES:

Soulful Home - a monthly magazine for UU families. Hard copies are available at church and/or by request from Rev. Tony or download here: https://uucentralct.org/wp-content/uploads/2019/11/SM_2019-12_SH_Awe.pdf

AWESOME PARENTING: The Holiday Bill of Rights - The Holidays are not always easy and fun. Some people, including parents, find the holiday season difficult for various reasons. Remember to be compassionate toward yourself (and/or a parenting partner). You have holiday rights! Here they are: **1.** You have the right to say, "time out" anytime you need. Time out to blow off a little steam, step away from the holidays and have a "huddle" and start over.

2. You have the right to "tell it like it is". When people ask, "How are you?" you have the right to tell them how you really feel, not just what they want to hear. You also have the right to smile and say you're fine because telling them how you really feel isn't worth your time. Some people will never understand anyway. **3.** You have the right to some "bah humbug" days. You are not a bad person just because you don't feel like singing Christmas carols all day.

4. You have the right to do things differently. There is no law that says you must always do Christmas the same way you have always done. You can send 10 cards instead of 100—or no cards at all. You can open your presents at somebody else's house; you can do without a tree; you can have pizza instead of ham or turkey. You can be creative and start a new tradition. **5.** You have the right to be where you want to be, at home or a relatives', any city or state you choose. There's no law that says you must stay home or you must go some place.

6. You have the right to some fun. When you have a day that isn't so bad and you feel like doing something for fun, then do it. Laughter is every bit as important and healing as tears. **7.** You have the right to change direction in mid-stream. You may be all ready to go somewhere or do something and suddenly you are overwhelmed. When that happens, it's okay to change your mind. **8.** You have the right to do things at different times. You can go to church or temple at a different time than you have in the past. You can serve a meal at a different time; go to bed at a different time. You don't have to be a slave to the clock. **9.** You have the right to rest, peace, and solitude. You don't need to be busy all the time. Take a nap whenever you need one. Take a nap to recharge your body. Take time to pray and to meditate, to recharge your spirit - it may do more good than eating another huge meal. **10.** You have the right to do it all different again next year. Just because you change things one year and try something different doesn't mean you have to do it exactly the same way next year. You have the right to change things how you want to change things.

AWESOME PARENT to PARENT DISCUSSION TOPICS:

- Have you experienced awe together, as parenting partners? Can you recall one of those times?
- What is it like for you to watch your child experience awe?
- Is awe connected to your thoughts on the nature of existence, the universe, and whatever is beyond human understanding? How so?
- Who taught you the most about

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“living in awe”? • Has awe impeded or assisted awe for you? • Can you imagine someone standing in awe of you? How are humility and awe related in your parenting? Your partnership?

AWESOME KITCHEN TABLE / CARPOOL DISCUSSION QUESTIONS:

We don't always have words to express how we feel when we encounter something truly awesome. What are some ways that you know you are feeling awe? Besides using words, what are other ways people act when they feel awe? What are you awesome at? What are other members of your family awesome at? What's the most awesome thing your family has done together? What's the most awesome thing you've done by yourself?

AWESOME ACTIVITIES TO DO WITH CHILDREN

Creating GooseBumps on Each Other You can also have a friend lightly run their fingers up and down your arms while blowing on your neck. They must use an extremely light touch when doing this on your bare arms. The combination of these two actions can also result in goose bumps. Take turns and try it!

Each night a Child is Born is a Holy Night

Your Birth Story - Invite the children to share any parts of their birth story that they know about.

A Visit from a Baby - Invite a newborn or recently born baby to visit. Or other new life, such as puppies or kittens.

Remembering the Awe of You! - Invite the children to draw something that they imagine happened on the night they were born. What would they like to have happened?

Get to Know Your Awesome Neighbors Think of this as doing an “awe interview.” Below we've created a list to help you. You might go door-to-door around your neighborhood, or simply carry the list with you so that you can ask questions during casual meetings. And these might not be the right questions for your incredible neighbors--there are so many ways people can be awesome! So, if your neighbors haven't done any of the awesome things on the list, ask them to tell you a story of the most awesome and amazing thing they've ever done or seen. and write that in. Find a neighbor who...

1. has a living great-grandparent. _____
2. speaks more than two languages _____
3. knows how to fly a plane, drive a semi-truck, or drive a train _____
4. has ever saved another person's life _____
5. has written a book _____
6. can cook an entire holiday dinner (one that feeds lots of people--think Yule dinner, Passover Seder, Eid feast, etc.!) _____
7. has seen a lion, bear, boar, bison, or moose in the wild _____
8. has a famous or well-known ancestor or relation _____
9. has had a near-death experience _____
10. can identify more than three constellations _____
11. lives in the same home they grew up in _____
12. has competed in a marathon or other endurance event _____
13. knows a wilderness survival skill such as friction fire-making or emergency shelter creation

AWESOME FAMILY PRAYERS/MEDITATIONS

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Monthly Mantra - "The same force that guides the stars, guides me."

Awesome Blessing - "May the wonder and awe of this season burst in upon you and bring you joy."