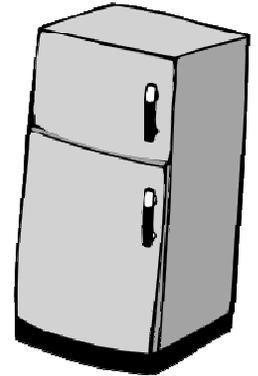




RE-Frigerator Page



We Celebrate...

May is a month for celebrating the whole cycle of life. The first of May invites us to celebrate the fertility of Mother Earth on Beltane —also known as May Day. Dance around a May Pole, give out baskets of flowers, or just take a walk outside to enjoy the fresh air.

Around the world May Day is also celebrated as a time to honor workers, and the unions that have fought for fair treatment

of the working people of the world. Do you know how a union works? For a fun way to get a sense of labor unions, have a look at the picture book "Click, Clack, Moo! Cows that Type" by Doreen Cronin.

Not only do we honor Mother Earth, we also honor our biological, adoptive or otherwise mothers -in-fact on Mothers Day (May 11). What makes you feel special and loved? What do you do for some-

one who cares for you to make them feel special and loved?

At the opposite side of the cycle of life is Memorial Day, a time of honoring those who have died, particularly those who have died during wars. It's sad to think about people dying, but it can heal our hearts to remember those who are gone and tell their stories.

Family Quest of the Church of the Larger Fellowship

May 2014



We Honor...

Unitarian **Julia Ward Howe**, who became famous for writing the words to "The Battle Hymn of the Republic." However, although the "Battle Hymn" was her most famous piece of writing, she ended up feeling embarrassed that people knew her for this song which made war seem very noble and wonderful. She wrote the "Battle Hymn" during the U.S. civil war, and was dedicated to the cause of freeing the

slaves. However, she also saw the terrible cost of war—the killed or injured soldiers, the families who had to manage without loved ones, the homes and farms that were destroyed. When she saw war break out again, this time in Europe, she began speaking out on the horrors of war, as well as working for the rights of women and African-Americans. In 1872 she



wrote a stirring call for women to demand peace and established a yearly Mother's Peace Day as a way for women to work for peace. Mother's Day has since become a more general holiday honoring mothers, but we still remember Julia Ward Howe, who believed so strongly in the ability of women to change the world for the better.

Talk About It!

- ☺ What do you like best about the spring?
- ☺ Who helps you and cares about you like a mother does who isn't your actual mom? Is there something you could do for them on Mother's Day?
- ☺ What story can you tell about a person or pet who has died? Has anyone in your family served in the military? What do you know about their time in the service?
- ☺ What would you say if you were going to make a public call for peace? What do you think people could do to build a more peaceful world?

Act...

Building a world of peace starts with each and every one of us. No one person can stop a war, but each of us can stop ourselves from saying words that will hurt another person and make them want to lash back at us.

It's hard to choose peace when you're mad.

What helps you to choose peace? You can take a deep breath before you respond. You can walk away from a



situation that's starting to get nasty. You can try to see things from the other person's point of view, and ask them if you're right about what you think they want. You can make sure that you really listen before you respond. You can say how you are feeling without attacking the other person for being bad or wrong. You can use humor to make a situation less tense. What's your favorite way to make peace?

Draw a Peace Sign

Nurturing the Spirit

There are a lot of different practices that people of various religions use to train their spirits for peace. One of them is chanting. A chant is a simple song that repeats over and over. The point of a chant is not so much to sound pretty as to give you a way to focus on something positive, and to use the chant to let that positive expression move through your body. In many traditions there are sacred words, or names for God, that people chant, but a chant could be anything that turns a positive thought into a

song. For instance you could sing a peace chant with the words

I am living peace.

You are living peace.

We are living peace.

Let everyone know peace.

Why not make up a peace chant of your own? All you need is a few words and a few notes that help you to feel peace inside.

Here are the words for my peace chant....

Practicing the Principles

Our sixth UU principle is "The goal of world community with peace, liberty and justice for all." Can you even imagine a world where everyone enjoyed peace, freedom and fairness? How do you even make a start on a goal like building a world where there is peace, liberty and justice, when probably every one of the over seven billion people in the world has experienced some kind of violence or unfairness? Well, pretty much the only way to

accomplish big things is to start with little things. A reading attributed to the ancient Chinese philosopher Lao-Tse puts it this way:

If there is to be peace in the world,
There must be peace in the nations.

If there is to be peace in the nations,
There must be peace in the cities.

If there is to be peace in the cities,
There must be peace between neighbors.

If there is to be peace between neighbors,
There must be peace in the home.
If there is to be peace in the home,
There must be peace in the heart.

So wherever you start—with your neighbors or your nation, at home with your siblings or simply in your own heart, it's all part of fulfilling the goal of world community with peace liberty and justice for all.

Watch a video of kids reading "Click, Clack Moo" at <http://bit.ly/1mmHIIj>

Read the text of the "Battle Hymn of the Republic" at <http://bit.ly/1lJ1rxY>

Read the text of Julia Ward Howe's Mother's Day Proclamation at <http://abt.cm/1rZ3hN9>