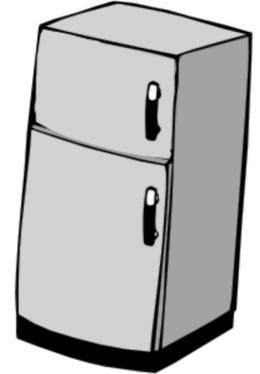




RE-Frigerator Page



We Celebrate...

Our theme for this month is Freedom—which is something that basically everyone thinks is a good thing, without necessarily meaning the same thing when they talk about it.



One way to think of freedom is as having rights. For instance, the US Constitution guarantees freedom of religion, so that the government can't tell you how to practice your religion or what to believe. Freedom of speech means that the government is

not allowed to limit what you can say, even if you are saying that you don't like the government.

These are precious rights that are crucial to having a free society.

But while some people would say that freedom means being able to do whatever you want, there can be big problems with that understanding. Life is not better if you think that your freedom of religion means that you can make other people conform to your beliefs. And freedom of speech doesn't make lying or saying hateful things is a good idea.

Freedom is a great thing, but if it isn't paired with responsibility, it can also do a whole lot of damage.

**Family Quest
of the Church of
the Larger
Fellowship**

May 2018



We Honor...

For those of us who live in the United States, one of our central stories of freedom is that of the American Revolution. The history of the creation of new democratic country with a Constitution that guaranteed certain freedoms (for certain people) is a big part of how people in the US think about freedom.

One Unitarian who was a big part of that process was John Adams. In 1775 Adams nominated George Washington to be the general of the Continental Army, and later that year he proposed that there be a Declaration of Inde-

pendence, and suggested that Thomas Jefferson write it.

Of course, the whole idea of freedom in the creation of the United States is pretty complicated. Although Adams passionately opposed slavery, he did nothing when Congress decided to take Jefferson's assertion that slavery was wrong out of the Declaration of Independence. And the Constitution that they came up with only gave voting rights to white men who owned property. So the guarantees of freedom were pretty different, depending on who you were.

In 1796, John Adams became the second president of the United States, making him a central figure in the story of the United States.



Talk About It!

- ☺ When do you feel most free?
- ☺ Do you think adults give children enough freedom?
- ☺ What freedom do you wish you had that you don't currently?
- ☺ What do you think is an example of a good limit for some kind of freedom?

Act...

Everyone experiences some limits to their freedom, but one group of people with hardly any freedom at all would be people who are incarcerated—in prison or in jail. They are not free to do most things that people tend to take for granted: to go where they want to go, or eat what they want to eat, or work the jobs they want to work, or see the people they want to see when they want to see them. Pretty much every aspect of a prisoner's life is tightly controlled.

But no matter what a person might



have done that led to them being locked up, every person deserves some basic freedoms. And freedom of religion is one of those things.

Most prisons offer the people in-

carcerated there very limited options for worship—often of a kind that disapproves of anyone who is not Christian and anyone who doesn't meet their ideas of who you can fall in love with or how you can express your gender.

The CLF has more than 850 members who are incarcerated. Through personal letters, newsletters, literature, classes and more, we share our respect for freedom of religion, and the message that whatever their circumstances might be, we honor their worth and dignity. Find out more at worthynow.org.

Nurturing the Spirit

What activity makes you feel most free? Riding a bike? Swinging on a swing? Going somewhere by yourself? Escaping into a book or movie?

The place where each person is really most free is in their imagination. In our imaginations every single limit in our lives is gone. Not only can you do things that you might not be able to do at your age, like drive a car, you can also do things that you will never be able to do in real life, like be



an eagle, or a being from another planet, or a person who can fly just by stretching out their arms.

Books and movies and video games are wonderful ways into the freedom to explore other worlds. But they only take you as

far as someone else's imagination. So you might want to nurture your spirit by making time for daydreaming in the world of your own, unique and absolutely free imagination.

Draw something that makes you feel free.

Practicing the Principles

Our fourth UU Principle is:

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A free and responsible search for truth and meaning.  
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As UUs we believe that everyone should believe whatever their heart and their mind tells them is true—we have freedom of belief.

But we also put that freedom in a context. We expect people to be on

a life-long active search for what we hold most dear and how we want to live our lives and how we will answer the big questions of life.

We don't say that people are free to do or say or even believe anything they like, just because it feels good in the moment. Our freedom happens in the context of responsibility. We start by acknowledging that other people's lives matter, and that the lives of non-human be-

ings matter. We agree that facts and science are important, and that simply saying something is true doesn't make it so. We agree that love and respect are better than hatred and contempt.

Within that framework of responsibility to one another is where our freedom to explore and learn and grow and decide takes place.

Read more about John Adams and his religious beliefs: <http://uudb.org/articles/johnadams.html>