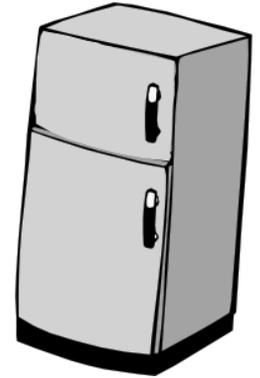




RE-Frigerator Page



We Celebrate...

Welcome to June—a favorite month of the year for many kids who are starting summer vacation this month.

Sometimes people talk about a “grace period,” meaning a little extra time that you get to hand something in or get some-

thing done. That makes sense, because the word “grace” describes something that you get not because you earned it or deserved it, but instead something special that happened as a kind of gift from the universe.

The best response to a moment of grace is to enjoy it and feel grateful for it.

Maybe you want to think of vacation as a kind of “grace period,” a special gift of time and space to enjoy and feel grateful for. Happy June!

Family Quest of the Church of the Larger Fellowship

June 2015



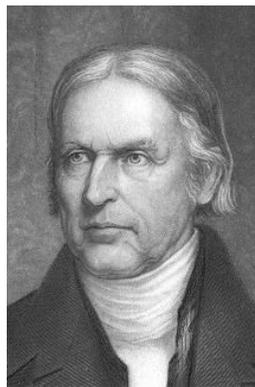
We Honor...

Hosea Ballou was born in 1771, and grew up in a Baptist family who believed that people were sinful, and should live in fear of a punishing God.

But when he was a teenager, Hosea started questioning the beliefs he was raised with. If God loves us, why would God want to punish us? If God is like a father to us, what father would want his children to be punished for all eternity?

Hosea became a Universalist, and preached the good news that what God wants is for us to be happy, and to build our happiness through being kind to others.

When someone asked Ballou how God could show such grace even to people who were bad, he responded by asking: If your child



falls down and gets all filthy, and you wash them and get them clean clothes, do you love your child because they are now clean, or did you clean your child because you love them?

Hosea, and Universalists to come after him, believed in a God of grace who loves everyone just as they are.

Talk About It!

- ☺ What are your favorite things to do on vacation?
- ☺ When have you felt like you have gotten more than you earned?
- ☺ When has someone helped you out of a difficult situation rather than being mad because you messed up?
- ☺ Who do you honor for being the kind of person who you can count on to help you when you need it?
- ☺ What do you think it means to say that God is like a parent?

Act...

One of the holidays that people in the US celebrate in June is Father's Day. Now, some of us don't have fathers around because we have two moms, or because our parents have



divorced or because our fathers have died, or a bunch of other

reasons. That can make the holiday feel kind of awkward, or even painful.

But Father's Day is a great time to honor anybody who supports you and

cheers you on and helps you—maybe a coach or a teacher or

Scout Master or a friend's father. It would mean a lot to that person to get a Father's Day card that says what they mean to you.

In fact, even if you're honoring your really great Dad at home, you could still send a card to one or more of those non-father fathers and let them hear how important they are.

Nurturing the Spirit

One of the ways we experience grace is through the beauty of the world around us. June is a great time to nurture your spirit with the beauty of flowers. Pick a flower, or sit down very close to a flowering plant. Look carefully at the flower: what is the shape, the color? Are there many little flowers clustered together, or one big bloom? Smell the flower—how does the

scent make you feel? Does it bring back any memories? Gently touch the flower. How soft does your touch have to be to keep from damaging it? Let the flower remind you of all your favorite things about early summer. As you breathe in the scent of the flower, breathe deeply, filling your lungs and your whole body with the essence of summer.

Draw a flower.

Practicing the Principles

Our seventh UU Principle affirms:

~~~~~  
Respect for the interdependent web of all existence, of which we are a part.  
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We live by the grace of this amazing planet, which gives us

food to eat and air to breathe and every single thing that our life depends on. The earth grants us these things no matter who we are or what we do.

As UUs, we practice accepting this gift of life with gratitude, and with a commitment to caring for the planet so that the gift of life can continue for all.

Table Grace

Thanks to beasts and birds and flowers and bees.

Thanks to earth and air and sun and trees.

In all we receive, may we learn to give.

In all we do, may we help life live.

More about Hosea Ballou: <http://uudb.org/articles/hoseaballou.html>

Make the flower change and grow with this interactive meditation: http://www.zefrank.com/meditation_flowers/

UU prayers and graces: <http://www.danielharper.org/medgrace.htm#grace>