

# JOURNEY IN... YEAR THREE

# COMMUNITY MUSIC

## This lesson's Big Ideas:

One of our Unitarian Universalist principles encourages us to think of spiritual friendship as "acceptance of one another and encouragement to spiritual growth"

Being a friend is a religious act; it is living out our love. To have a friend and be a friend takes time, patience and effort. Strong friendships are based on commitment, respect, listening, trust and celebration of differences.

There are many examples of rich spiritual friendships to inspire and guide us in choosing and keeping friends. These stories teach us that we can and should be friends with people who are different from us.

## Lesson Materials

- CD of songs about friendship
- CD player
- 'Friendship Jukebox Bingo' cards
- Bingo chips or torn paper

## TEACHER REFLECTION AND PREPARATION

🕒 Ahead of time

"And a youth said, Speak to us of Friendship.

And he answered, saying:

Your friend is your needs answered.

He is your field which you sow with love and reap with thanksgiving.

And he is your board and your fireside.

For you come to him with your hunger, and you seek him for peace.

When your friend speaks his mind you fear not the "nay" in your own mind, nor do you withhold the "ay".

And when he is silent your heart ceases not to listen to his heart;

For without words, in friendship, all thoughts, all desires, all expectations are born and shared, with joy that is unclaimed.

When you part from your friend, you grieve not;

For that which you love most in him may be clearer in his absence, as the mountain to the climber is clearer from the plain.

And let there be no purpose in friendship save the deepening of the spirit.

For love that seeks aught but the disclosure of its own mystery is not love but a net cast forth: and only the unprofitable is caught.

And let your best be for your friend.

If he must know the ebb of your tide, let him know the flood also.

For what is your friend that you should seek him with hours to kill?

Seek him always with hours to live.

For it is his to fill your need, but not your emptiness.

And in the sweetness of friendship let there be laughter, and sharing of pleasures.

For in the dew of little things the heart finds its morning and is refreshed."

-from *The Prophet*, by Khalil Gibran

- In preparation, for this lesson, take some time to reflect on the gifts that friendship has brought into your life. What have your friendships asked of you? What qualities do you seek out in other people? What does spiritual companionship look like, in your experience?

### TIPS FOR A SUCCESSFUL LESSON

- Both of these activities are pretty sedate. Between the two primary activities, you might need to take a break and do something physical like dance to the music or play a game like Clap and Echo.

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### YOUR FIELD EXPERIENCES: FEEDBACK AND NOTES

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## GATHERING AND FOCUSING

🕒 2-3 minutes

Do you like to listen to music with your friends? What kind of music do you like? Does your best friend like the same music or different music? Do you share music with each other?

## PRIMARY ACTIVITY ONE LISTENING: FRIENDSHIP JUKE-BOX BINGO

🕒 25-30 minutes

One of the qualities of a good friendship is good listening skills. Both friends take the time to really listen to each other.

How can you tell when someone is *really* listening to you? Share some tips for good listening:

- Make eye contact
- Assume a listening position—lean forward, relax, uncross arms
- Nod to indicate that you're understanding
- Ask questions to make sure you *do* understand

Listening takes practice. Today, we'll first practice listening closely to music and paying attention to the words. Then, we'll practice paying attention to each other.

This game is called the Friendship Jukebox Bingo. Does anyone know what a jukebox is? In this game, we'll each have a different bingo card covered with words or phrases about friendship. We'll listen to lots of familiar and popular songs about friendship and when you hear your word or phrase, you'll get to cover up that phrase with a bingo chip.

Have the children select a card for the bingo game. Before beginning the game, ask the kids to look over their cards. Which words are really important indicators of friendship? Which words will probably come up the most frequently?

Here are some sample bingo words. The songs don't have to include the *exact* lyrics, but something close to this idea:

- smile, smiling
- helping
- counting on a friend

- good times
- bad times
- laughing, laughter
- trust
- honesty, telling the truth
- knowing each other
- sharing

Play songs or parts of songs from the CD compilation for the class. Pause every once in a while and help each other as a class. Did we hear any words or phrases about friendship? Cover up the words; winning can be words in a row vertically, horizontally or diagonally or four corners.

### Wondering Together

- I wonder why there are so many songs about friendship?
- I wonder which of these is the best song about friendship?
- I wonder if you know of other songs that celebrate friendship?
- I wonder, of all these ideas on our cards, which is the most important quality in a friendship?
- I wonder how you can tell if a person is going to be a good friend?
- I wonder how you know if you're being a good friend to someone?
- I wonder if you have good friends here at church? Are these friendships the same as or different from your friendships from school or your neighborhood?
- How important is listening in your friendships?
- Some people say that listening can be a holy act. What does that mean to you?

## **PRIMARY ACTIVITY TWO**

### **LISTENING TO EACH OTHER**

🕒 15 minutes

- Now that we've really warmed up our listening skills, let's share some time with our friends in this class, talking and listening. We'll put on some calm music and pair up with someone. I'll ask you to take turns sharing stories or answering questions. Practice holy listening and use your good listening skills of eye contact, body language, affirmations and questions to show your friendliness.

Topic ideas:

- Tell a story about the best time you've ever had with a friend.
- Tell about a time when you met a new friend for the first time.
- Talk about a time when you did something really kind for a friend.
- Name the best things about your closest friend.
- Names some things that you like to do with your friends.

## **CLOSING AND LEAVE-TAKING**

🕒 2 minutes

Gather in a circle, take each other's hands and speak these words:

*May we be blessed with good friends*  
*May we be good friends ourselves*  
*May our friendships help us to grow and change*  
*May we be grateful for the blessing of friendship.*

Invite the children to speak the names of good friends out loud before or after this blessing.