



JOURNEY IN... YEAR TWO THE DIVINE WITHIN ART

This lesson's Big Ideas:

- When we recognize that the Divine that is within us is also in every other human being, we feel compassion for ourselves and for others.
- Compassion, the deep understanding and sharing of another being's feelings, can be cultivated and nurtured.
- Acted upon, compassion contributes to our own well-being and the greater good of the entire world.

Lesson Materials

- Two plain cards and envelopes that were mailed to kids at home (or regular paper folded into quarters, if kids did not receive them)
- One teacher prepared to share a screen with Whiteboard or a new document
- Plain paper and a pencil (optional, for practice)
- Email of congregation's weekly Embracing Meditation
- Whatever art supplies kids have and want to use.

TEACHER REFLECTION AND PREPARATION

🕒 Ahead of time

Jesus said to them, "For I was hungry and you gave me food, I was thirsty and you gave me something to drink, I was a stranger and you welcomed me, I was naked and you gave me clothing, I was sick and you took care of me, I was in prison and you visited me." Then the righteous will answer him, "Rabbi, when was it that we saw you hungry and gave you food, or thirsty and gave you something to drink? And when was it that we saw you a stranger and welcomed you, or naked and gave you clothing? And when was it that we saw you sick or in prison and visited you?" And he will answer them, "Truly I tell you, just as you did it to one of the least of these who are members of my family, you did it to me." - Matthew 25:35-40

When you begin to touch your heart or let your heart be touched, you begin to discover that it's bottomless, that it doesn't have any resolution, that this heart is huge, vast, and limitless. You begin to discover how much warmth and gentleness is there, as well as how much space. - Pema Chödrön

A human being is a part of the whole called by us universe, a part limited in time and space. He experiences himself, his thoughts and feeling as something separated from the rest, a kind of optical delusion of his consciousness. This delusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest to us. Our task must be to free ourselves from this prison by widening our circle of compassion to embrace all living creatures and the whole of nature in its beauty. - A. Einstein

If you want others to be happy, practice compassion. If you want to be happy, practice compassion.

- The Dalai Lama

PRE-CHECK-IN

As children come into class and you greet them, ask them all to get the cards they received in the mail this week. Remind them to save the other materials for classes in April! If they did not receive the two cards and two envelopes, ask them to get two plan sheets of paper that they can fold into quarters and use as a card. Let Michelle know who is missing materials.

CHECK-IN

🕒 5-10 minutes

Allow one of the teachers to lead the group in a name game, an icebreaker, a get-to-know-you questions, or a simple ‘How are things?’ moment. Spend more time if the group seems eager to connect with each other. Light the chalice and say:

“We light this chalice as a symbol of our faith, the light of truth, and the warmth of love.”

COVENANT

🕒 3 minutes

Review the discussion of how the group wants to be together. Update the notes, if necessary. Save the covenant for future classes.

- Share this document on your screen, if you can.

PRIMARY ACTIVITY ONE CARD WRITING

🕒 10-15 minutes

Wondering Together:

- Ask the children if they’ve ever received a card in the mail.
- Who sent it and why?
- What did it say on the inside?
- Name some occasions on which we send cards. Are they all happy occasions?
- Have you ever felt happy because someone else was happy and celebrating?
- Have you ever felt sorrow because someone else was unhappy or having a hard time?

Teacher Talk about Cards

Our Pastoral Care team is a group of people from our church who work with our ministers to take good care of people who are having a difficult time. When someone is sick, they visit them and sometimes take them good food or medicine. When someone is an elder, they may visit them at home and bring recordings of the church worship service to listen to. When someone is dying or has died, they come to the hospital or home to be with the family and help them make hard decisions. Another thing they do is send a LOT of cards, so many that they often run out. Sometimes they send store-bought cards, but people are really happy when they get hand-made cards from kids and grownups here at church. In our ART WORKSHOP, the kids will be making beautiful, handmade cards that they can send to support the work of Unity’s Pastoral Care team.

You will receive an email from Michelle with this week’s Embracing Meditation. Encourage a moment of loving thoughts for those who are in need of our very real care.

Writing Notes of Compassion

Have one teacher share their screen and open the Zoom whiteboard or a Word or Google document. Write four categories: “Get Well Cards”, “In Sympathy” “In Celebration” and “Encouragement Cards”. The words can show understanding and caring! Sometimes they rhyme like a little poem, even. Brainstorm ideas for words to write in cards. Ask the children to choose a category for each of their cards and to write some words inside. Kids can make a card for one of the people in the Embracing Meditation or for a friend or family member.

They can use regular paper and plain pencils for practice, if they like. Encourage them to ask for help with spelling and use their best handwriting, but remind them that kid cards are special because you can tell that they’re from kids! Use the whiteboard or document to share spelling reminders for hard words like ‘sympathy’ and ‘grieving’ and ‘compassion’ and any other tricky words that they remember and want to use.

PRIMARY ACTIVITY TWO **CARD DECORATING**

🕒 15-20 minutes

Now that we have cards with words of compassion and comfort, we need to decorate them.

- Ask the kids to look at the envelopes first. They can make the cards however they’d like, so long as they fit into one of these envelopes or so long as the child can make a neat envelope of their own.
- Our job now is the artistic part. Encourage kids to create images and colors that help them to show compassion and help the recipient of the card feel cared for and uplifted, with whatever art supplies they have.
- Suggest that they write “Made with Love by (their name)” on the back of their card.

At the end of time, remind kids that they can keep working on their cards at home until they feel they are complete. They can ask for help from parents to address and mail or deliver the cards.

CLOSING AND LEAVE-TAKING

🕒 3 minutes

Share this page on one teacher’s screen. Join hands in a circle (by having everyone hold their hands up at the edge of the view of their camera) or ask everyone to assume a comfortable, meditative position. Speak these words, or words like them, the children repeating each line after you.

The Holy is inside us
And the Holy is inside everyone
May we love and understand ourselves
May we love and understand others
May we love and understand the whole Universe
May our hearts be tender
May our minds shine friendliness into the world

and/or

We want others to be happy
Let us practice compassion
We want to be happy ourselves
Let us practice compassion

Unlight the chalice, saying: though we extinguish the light of the chalice here, we know that the light of truth and the warmth of love go with us in our hearts.