



Welcome to RE!

This month's theme is Renewal

In our weekly newsletters this month you will find:

- Gathering Together Video: A song, some thoughts on our theme and a cool activity
- Songs of Joy!
- Soulful Connections: These are activities, projects, invitations for connection
- Sweet Stories for RE: An audio file to listen to or video link to watch

This week we celebrate **WONDER**

The UU faith reminds us that wonder is a central source of renewal. So just as water is so refreshing and rejuvenating, our sense of wonder at the world also brings newness, freshness and joy into our lives. Sometimes, when we feel out of balance, overwhelmed or full of strong emotions, we can take some time to sit in a special place, noticing the wonder-full details of the world around us. This practice of grounding and re-connecting to ourselves and to the natural world is an important way to restore balance in our lives. We can ask ourselves “what makes me feel energized, fresh and new? What brings wonder into my life?”

Gathering Together: Finding Wonder in a Special Spot

In [this short video](#), Lee will teach you our song for the week, invite you to move your body, and share a cool autumn equinox balancing trick!

Songs of Joy: The miracle of you

This song celebrates the wonder of you. It invites you to find your place of power, mix in all the elements that make up a life and then bring your gifts and creations out into the world. What a miracle we are!

Pick Yourself a Power Spot

Pick yourself a power spot
Grab a spoon and a cooking pot
Bring air, bring fire, bring water, bring earth
In you a new universe will birth
In you a new universe will birth

And here is a lovely music video of a community water blessing, [Prayers for Freedom](#) by MaMuse

Soulful Connections: Pick yourself a Power Spot!

Each week we will be offering an activity, project, outdoor explore or community connection to bring some of the gifts of the UU faith and of our congregation into your home.

This week, let's find our power spot! We invite you to find a special place in nature that helps you feel renewed, refreshed and at peace. This could be sitting under a special tree in your yard, in a patch of sunlight in your garden, in a mossy spot on a hike or near some flowing water. When you find your spot, consider creating some art that represents that spot or how that spot makes you feel. Maybe draw a picture of it, write a poem, or do some movements that are inspired by that special place. If you can take a picture of your spot or of what you create there and share it with us, we'd love to see it! Please send Lee an email with your pictures and she'll make a Power Spot collage!

Sweet Stories for RE: You are Special

This week, we have two picture books that celebrate our uniqueness, where we've come from and all the possibilities of where we can go. They are both great for any age, but the second one is particularly for pre-K thru 2nd graders.

- "[You are Stardust](#)" by Elin Kelsey is a beautiful picture book about the miracle of life and interconnection
- "[Whoever you Are](#)" by Mem Fox celebrates our differences and also what connects us: love, pain and joy.

We hope you are able to weave some of these offerings into the tapestry of your family days.

May they bring you joy and connection.

