



Welcome to RE!

This month's theme is Healing

Week 7: Healing Yourself

Welcome to November in RE. I know this is a time of high tension as election day is just days away. So I invite you to take time this week for self care. I know I always have the intention of taking moments of self care for myself, and I know how hard it is to actually do it. But please, now more than ever we need to take those tiny breaks, those deep breaths, and those ways to let loose and just be.

I hope you can pause to make yourself a cup of tea, eat a favorite food, walk barefoot in the leaves, or turn your face to the sun. Just for a moment. And I hope that some of these offerings can add to those moments of pause and joy.

Gathering Together: Self Care

[In this week's video](#), I share with you one of the ways that I practice self-care: in my herb garden! I introduce you to two medicinal herbs that I like to use in remedies and we get to watch a bumble bee rolling in a calendula flower. Pure bliss.

Stories for RE: Positive Intentions

I hope you enjoy these stories of self-care.

- [The Reflection in Me](#) by Marc Colagiovanni and Peter Reynolds. This short, simple animation brought tears to my eyes. It shows us how important and delightful positive self-talk can be.
- [Happy Right Now](#) by Julie Berry reminds us that we can decide to be happy. And when we aren't happy, that's ok too, we have tools to sit with those emotions and feel them through.

Songs of Joy: I Can Heal

This is our song from SoulMatters partner, Lea Morris for the month of November. It is a joyful celebration of the healing power of our bodies and spirits. She has created these songs especially for families in UU congregations around the country.

[Here is a video](#) of Lea and her kids singing the song and discussing its message

[Here is the audio](#)

In every place where I can feel,
I may get hurt, but I can heal

On my forehead ... On my nose ... In my belly ... On my toes
Inside my heart and on my knees
A little time and love can ease
It takes forgiveness ... It takes time ... An open heart ... An open mind

In every place where I can feel,
I may get hurt, but I can heal

Mindful Moment: Pebble Meditation

I invite you to practice [this pebble meditation](#) from the people of Plum Village, a global community of mindfulness founded by Thich Nhat Hanh. In this short video, the leader and a small circle of children create a lovely meditation practice together with beautiful imagery and pebbles. If you'd like to bring four stones to hold, as the kids do, feel free.

Soulful Connections: Laughter as Healing

When is the last time you had a deep, hearty belly laugh? Well, it's time to now. Laughing is a wonderful way to de-stress your body and physiologically change your mood. Here are two ideas for how, from the Soulful Home newsletter:

- Laughter yoga. While some laughter yoga is based on specific techniques (ho-hoha-ha is one you may have seen), [this article](#) describes a person's experience at a laughter yoga class. In it, the facilitator set up improvisational silly situations designed to dissipate stress and get people laughing together. Try these: laugh while you're pretending to drive a bumpety school bus, walk on hot sand, traverse a tightrope, pretend there's a spider in your hair, walk through thick gooey pudding, ice skate, walk on the moon, be a busy bee, etc. All the while, laughing and keeping eye contact as much as possible. It's ok if the laughter is forced at the beginning. Think improv, with big potential for exaggerated physicality that's sure to bring on the giggles!
- Turtle Wushu. [Watch how the game is played](#), and then grab a handful of small, flattish toys to balance on the back of your hands to test your skills at keep-away! This game is especially popular with teenagers. If competition keeps it from being belly-laugh worthy in your family, do away with that part and just focus on the goal of trying to knock off the turtles.
- Similar to the above game, but easier for younger kids is this one: everyone tries to step on everyone else's feet. It sounds simple, but it's so much fun. It's like tag where everyone is "it" and to tag someone, you lightly tap your foot on the top of someone else's, while trying to keep them from doing the same to you.

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.

Please feel free to email Lee with any questions, comments or feedback! We would love to hear how you are using these offerings and any other ideas you have for what would be supportive for you and your kids.

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