



Welcome to RE!

This month's theme is Healing

Gratitude

You've probably heard that practicing gratitude can change your life. Research shows that consistently practicing gratitude does even more than improve your mood. It helps you make friends, get better sleep, improves physical health, and enhances empathy, self-esteem and mental strength. Whew! It's super powerful and super simple. So I hope you join me this week, as we prepare for Thanksgiving, to really take a deep dive into gratitude. I hope you spend some of your time this week speaking your gratitudes out loud, sharing them with the special people in your life, and really feeling it in your body. We are all worth the time it takes to feel and express gratitude and we will all grow in beautiful ways because of it.

Gathering Together: Multi-gen Service

Let's watch our multi-gen service this week all about gratitude! You can find it on [the front page of the UUCSC website](#). We have five families who shared what they're grateful for and how they feel that gratitude in their bodies. So keep your eyes out for Zayn, Ronan, Novi, Noah and Isla, and Teddy, Beatrice and Paxton! Lee leads a movement meditation body prayer and even Hippo joins us!

Stories for RE: A Big Serving of Gratitude

I hope you enjoy these stories of gratitude for the abundance in our lives.

- [Thank you Omu](#), by Oge Mora is a sweet story about sharing what you have
- [We Are Grateful: Otsaliheliga](#), by Traci Sorell is written by a member of the Cherokee Nation and includes Cherokee words as it describes contemporary Cherokee life through the eyes of gratitude.
- [Giving Thanks: A Native American Good Morning Message](#), written and read by Chief Jake Swamp in both English and the Mohawk language. Beautiful words of thanks for all the beauty and blessings.

Some awesome videos about being thankful:

- [Kid President's 25 Reasons to be Thankful](#), so joyfully entertaining, goofy and heartwarming
- [Gratitude HD - a Moving Art original short](#), a gorgeous short film created by filmmaker Louis Schwartzberg showing gratitude for the beauty, diversity and majesty of our world
- [The Gratitude Experiment](#), is a short video by WellCast explaining how gratitude affects our brains, moods, sleep patterns and more. Short and sweet, probably more interesting for older kids.

Songs of Joy: Grateful

[This is one of my favorite songs ever.](#) Created by Nimo Patel and Daniel Nahmod in collaboration with volunteers all over the world, this video captures the very essence of gratitude. It always makes me teary-eyed.

Chorus:

All that I am

All that I see

All that I've been and all that I'll ever be

Is a blessing

It's so amazing

And I'm grateful for it all, for it all

Mindful Moment: Mindful Gratitude

Here is a [lovely gratitude yoga](#) practice with a short meditation at the end. It's recommended for 7-12 yr olds, but I really enjoyed it too :)

Here is a [short bedtime gratitude meditation](#) for all ages. Relaxing, lovely, radiating gratitude to ourselves and all around us.

Soulful Connections: Gratitude Trees

This week, I invite you to make a family gratitude tree, full of things you are grateful for. You can add to it every day, as your tree grows more and more gratitude leaves. And next week, we invite you to drive to UUCSC and add to our community gratitude line! From November 25-30th, stop by the front of our church and find a bin of cloth strips and permanent markers. Write a gratitude on a strip of fabric and tie it to the railing of the ramp in front. Then every time we drive by, we will see all of our gratuudes, fluttering in the wind together.

For your family gratitude tree, you can [watch this video](#) for a quick tutorial. As always, please send me a picture of your project to include in a picture collage next week!

And for more ideas about gratitude projects, check out [this comprehensive and inspiring article](#).

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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