



Welcome to RE!

This month's theme is Healing

Respect and Compassion

Expanding on our theme last week of healing relationships, we look closer at two pieces of it: Respect and Compassion. This is a foundation of the UU Faith and part of our second principle: "Justice, equality and compassion in human relations" or restated in kid-friendly language, "all people should be treated fairly and kindly." So how do we do that? A piece of it is practicing deep listening and really hearing the perspective of the other person. And also recognizing and accepting that there are many perspectives, many ways of looking at the same thing. Another piece is practicing empathy and compassion by imagining ourselves in the other person's shoes and sending them loving kindness.

So during this time of separation, isolation and political divisiveness, let's serve up a big heap of compassion and respect for ourselves and each other.

Gathering Together:

[In this week's video](#), join me in a song based on the Buddhist metta prayer of loving kindness. We sing it to ourselves, to each other and to all the world: "May you be happy. May you be peaceful. May you be filled with love."

Stories for RE: Inclusion and Respect

I hope you enjoy these stories of listening to multiple perspectives, respecting differences, and including others.

- [In God's Name](#), by Sandy Eisenberg Sasso is about the many perspectives and myriad names for God
- [The Big Umbrella](#) by Amy June Bates is a sweet and simple book about acceptance and inclusion

I found these wonderful TEDx talks giving by kids, talking about respect, inclusion, differences and friendships

- [Diversity and Inclusion: Lessons in Friendship and Love](#), given by Maryam Elassar
- [We Are All Different - And that's AWESOME!](#), given by Cole Blakeway
- [A Hot Dog for Kindness](#), given by Pax Parel-Sewell

Songs of Joy: Building Bridges

Let's keep practicing this song this week. I learned this song about 13 years ago in a "mending circle" in Olympia, Washington. We all brought clothing items that needed to be mended and then we all sat together, mending clothes and talking about mending relationships in our lives.

[Here is the audio.](#)

Building bridges between our divisions
If I reach out to you, will you reach out to me?
With all of our voices and all of our visions
Friends, we can make such sweet harmony

Mindful Moment: Blessings

Let's send each other blessings this week. This video is Betsy Rose singing the song I used in my video this week. She sings with a bunch of kids, sending love to each other. [Listen to them singing to each other.](#) I invite you to sing it to yourself, to each other, call up a family member and sing it to them, and then challenge yourselves to go out into the world and sing it to someone you meet. We all need this.

Soulful Connections: Many Perspectives

Check out [these Google Slides](#) (be sure to stop on the image before moving on to the words that follow). Start with the first image and share with each other what you see, taking time to explain. These images remind us that we don't always see things the same way. So in an argument, or when simply offering help to people, we must start with asking them how they define the problem they are struggling with. Like this game, we may think we see their struggle clearly when in truth they have an entirely different perspective on it. So play this game as a reminder that we can never assume we hold "the one right view" and instead always need to honor how others view their own circumstances and challenges.

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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