



# Welcome to RE!

This month's theme is Healing

## Week 7: Healing Relationships

Sometimes it feels like the world is on fire, with disaster, distress, and dis-ease everywhere. I know we're all feeling it to different degrees, and it weighs on us. And when we feel stressed, it often leaks out in ways we don't intend. Sometimes the relationships with our closest loved ones and friends get strained and we hurt others or feel hurt by them. Our relationships are a microcosm for our wider community, our nation, our world. So first, we have to take care of ourselves, nourishing and giving ourselves the breaks and deep breaths that we need to go on. And second, we have to tend to our daily relationships. This is what lays the foundation for spreading love, justice, and grounded peace out beyond our families.

So this week, join me as we contemplate relationship tending, engaging in the 5 Rs of conflict resolution and restorative justice (Relationship, Respect, Responsibility, Repair, Reintegration), and building trust and resiliency in our closest relationships.

### Gathering Together: Relationship Care

[In this week's video](#), we open the Wonder Box again and contemplate knots: knots in relationships and in our hearts. Then, my son Sylvan teaches us how to make a neat and useful knot!

### Stories for RE: Tending Friendships

I hope you enjoy these stories of tending relationships.

- [Bridge Builders](#), told by Len Cabral, an amazing RI storyteller. In this live storytelling video, he tells about two neighbors who have been friends forever, suddenly have an argument, and the power of building a bridge.
- [Start With Sorry](#) by PT Finch is a super simple story about siblings that emphasizes identifying feelings, taking responsibility for hurting someone's feelings, saying sorry, and helping to make it better.
- [Be Kind](#) by Pat Zietlow Miller is a lovely picture book about helping someone who gets her feelings hurt, and contemplates how to be kind in the world.

## ***Songs of Joy: Building Bridges***

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: Practicing Compassion***

This week, I invite you to practice a short meditation. Find a time to sit quietly in any position that feels nourishing and [listen to this song](#). Imagine the people in your life who you love dearly, including yourself. Imagine this song is for them and also for you.

And if you'd like a guided meditation, this [Loving kindness meditation](#) is lovely. It's not made for kids, but I think any age can enjoy it, especially if your kids have some practice in guided meditations.

## ***Soulful Connections: Acts of Kindness***

Here are some fun activities to do to build trust and celebrate kindness

- Blind trust walk/Find a tree: This one can be played multiple ways. The basics are that one person is blindfolded and the other person leads the blindfolded one around the yard or park. You can make it harder by having the blindfolded person navigate obstacles in the way. And one way is to be able to hold hands and physically guide the blindfolded person, another way is to not touch them and just use your voice to explain where to go. Another idea is to guide the blindfolded person to a particular tree. Have them feel the tree and the ground around it, memorizing any distinguishing features by touch. Then bring them back to where they started, take off their blindfold and see if they can find the tree.
- Create a paper chain of kindness. A wonderful, visual, ongoing representation of the kindnesses we see in our days. You can [read about it here](#).
- Think of a random act of kindness you can do for someone in your life. Maybe you leave a love note on a family member's pillow, make a special snack, rub someone's feet or shoulders, place a flower in a vase where they'll see it. If you can, take a picture and send it to me!

**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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