

Youth and Family Ministry April Newsletter by Shannon Preto, Youth Ed Director

Hello UCP Families!

Remember newspapers? Remember when there was the morning, or early, edition. And then there was an "evening edition"? I miss drinking a hot cuppa and reading the newspaper, slowly.

Last Month:

This past Sunday, we completed March's exploration of the Power of Strength by learning about the Tai Chi activity of "[Push Hands](#)." In this video, it talks about the "root" of our bodies, like the root of "a tree" as the children said. The children were taught that if we combine this conceptualization of rootedness with an embodied awareness, including the structure of the bones, the polyrhythmic and metaphorical power of compassion and wisdom within the cardiovascular system, the Flow of opening the chakras, and the intuition of the "gut", we can embody a deeper strength and a fluid strength to persevere longer than we thought could. With this embodiment of our whole body, along with the awareness of our mind, and our fuller connection with the Divine, we have more choices in how we can live intentionally. Through increased awareness, we can have more choices in school, at home, and within the interactions with our friends and family members.

This coming month:

In the month of April, we will explore the Power of Life, which suggests we are able to Live Life with vibrancy, with authentic presence, and with colorful animation. We'll explore the "spectrum of colors" between the assumed dichotomies that might be found between birth and death, alpha and omega, and between death and rebirth; "thank you Jesus".

April Dates:

4/5 - Easter, which includes...

- 9:45 am - All Ages Easter Choir, all are still welcome to join us!
- The Lesson - Learning about the narrative of Jesus' Easter week; talk about a "rough week". And speculate widely what Jesus did between his death on the cross and his resurrection outta the tomb. What do you think/know happened? What would you have done with 'all that power'?
- 12:35pm - The annual Easter egg hunt happens after the service.

4/12, 4/19 & 4/26 - More about the Power of Life and the spectrum we can live between the binaries. I haven't written the lesson plan yet.

Future dates:

May 10th - Mother's day, which will include a cool flower painting project

June 12th - Father's day, which will include a cool art project of some kind.

June 28th - Reveal and celebration of the built sculpture after the service.

All the Sundays in June, we'll be building a site specific sculpture that combines an authentic response to this natural spot and the children's artistic interpretations of 3 of the 12 Powers.