

UCP Youth Ministry July Newsletter

July's Theme will be The Power of Understanding

"With my Power of Understanding, I can have compassion for others."

This month, our children and teens are exploring another of Unity's Twelve Powers—Understanding. While knowledge helps us gather information, Understanding invites us into something much deeper: connection.

Understanding is the ability to connect:

- our hearts with another person's experience,
- our thoughts with new ideas,
- our lives with God's presence,
- and ourselves with the Christ Spirit within everyone.
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As the philosopher Martin Buber beautifully described in I and Thou, true understanding happens when we meet another person as a sacred being rather than as an object to be judged or changed. In Unity, we believe every person carries the Divine within them, and Understanding allows us to recognize that Truth.

How Do We Move from Misunderstanding to Understanding?

Together, we'll be practicing four simple pathways that help restore connection whenever relationships become difficult.



Love

Everything begins with love.

Before trying to solve a problem, we first learn to settle into our own bodies with kindness. When we feel grounded, we can listen with compassion rather than react from hurt or fear.



Curiosity

Instead of making assumptions, we ask questions.

We'll wonder together:

- What does it feel like when you aren't heard?
- What does it feel like when someone doesn't see you?
- What might your friend be feeling?
- What else could be true besides the story you're telling yourself?

Curiosity opens the door that judgment keeps closed.



Play

Children naturally reconnect through play.

Rather than staying stuck in conflict, we'll talk about how to invite others back into relationship:

- "Would you like to play?"
- "What would you like to do?"
- "Can we create something together?"

Play often restores connection faster than arguments ever can.



Gratitude

Every healthy relationship grows stronger through appreciation.

We'll talk about and plan to practice:

- thanking another,
- offering affirmations,
- wishing each other well,
- and noticing the goodness in others.

We'll also talk about the Power of Understanding Through Unity's Five Principles

Throughout the month we'll also explore how Unity's Five Principles can help us understand ourselves and one another. Together we'll reflect on questions such as:

- What does it mean that there is one Presence and one Power—God?
- How does knowing that “Christ” lives in me and everyone change the way we treat one another?
- How do our thoughts influence and change our experiences?
- How can we release hurtful thoughts and choose loving ones?
- How can prayer and contemplation help us listen for God's wisdom in everyday life?

Through experiential learning, our children will discover what these principles mean in their own lives.

Our Month-Long Art Project: The Spiral of Understanding

Throughout July, we'll be creating one collaborative spiral collage. Each week children will search magazines and other materials for images that represent the Five Principles. During the first two weeks they'll collect images that remind them of:

- the goodness within themselves,
- expressive acts of kindness and love,
- their own beauty and uniqueness,
- The truths they believe,
- and the power God has placed within them.

During the last two weeks, they'll expand their vision outward by collecting images that reflect:

- God-ness in the world,
- Acts of compassion between people,
- beauty of and in Creation,
- truth being lived,
- and examples of people using their gifts to make a positive difference.

Together these images will form one large spiral—symbolizing our journey from discovering God within ourselves to recognizing God in the entire world.

Continuing the Conversation at Home

You can deepen your child's learning by asking simple questions such as:

- When did you feel truly understood this week?
- When was it difficult to understand someone else?
- Where did you notice kindness today?
- How did you see God expressing through someone else?

Thank you for partnering with us as we nurture compassionate hearts, curious minds, and a growing awareness that every person is worthy of love and understanding.

Join us!

Shannon Preto, Youth Ed Director

P.S.

Remember to come by for food, Flow and fellowship as we watch a movie and rest in our comfy clothes on July 17th from 5:30pm to 7:30pm. Spread the word and register at