



Weekly Family Activities for June/July 2024



TAKE PRIDE IN IMAGING AND UNDERSTANDING THAT WE ARE ONE SPIRIT

IMAGINATION: The ability to conceptualize and envision a different future. The disciple is Bartholomew. He represents positive thoughts held in mind. The corresponding color is **light blue**, and the location is between the eyes.

Affirmation: I imagine good unfolding in every area of my life.

UNDERSTANDING—The ability to know, perceive, and apprehend. The disciple is Thomas. He represents the ability to see beyond appearances to reality. The corresponding color is **gold**, and the location is the front of the brain.

Affirmation: My understanding of Truth deepens and directs my life.

BE THE CHURCH

Protect the environment.

Care for the poor.

Forgive often.

Reject Racism.

Fight for the powerless.

Share earthly and spiritual resources.

Embrace diversity.

Love God.

Enjoy this life.

TAKE PRIDE IN IMAGING AND UNDERSTANDING THAT WE ARE ONE SPIRIT

As we conclude the month of June—Pride and Mental Health Awareness, and Juneteenth recognition, let us embrace a different future for ourselves where we all are accepted. As we start the month of July, let's take our vision and get clarity of our perception and we celebrate our differences, embrace those that are disable and honor the history, achievements, experiences, and struggles of the disability community.

There is no difference in the Spirit that resonates with the Christ light within us all. This is a spiritual perspective imaging and Understanding: “Imaging” could be interpreted as visualizing or embodying the divine qualities within oneself. “Understanding” refers to the intellectual and experiential comprehension of this spiritual truth. Together, they suggest that recognizing and manifesting this inner divine presence is a holistic process involving both perception and realization.

The essence of this perspective is that spiritual enlightenment and inner peace come from recognizing and embodying the divine light within oneself and understanding that this same light exists within all beings. This promotes a sense of unity, compassion, and a deeper connection with the divine and with others.



The Ten Teachings Shared By All Religions

From: "The Winged Heart", South East Region's Newsletter. Passed on by Jacquie Mace

1. ONE GOD

"The Lord is our God, the Lord is One" - Shema, Hebrew Prayer

"Allah is One" - Koran, 112:1

"The One is Lord of all the moves" - Rig Veda 11.54.8 (Hinduism)

"There is only One God." - Chief Seattle

2. GOD IS EVERYWHERE

"I fill the Heaven and the Earth" - Jer 23:24

"The whole world is Brahman" - The Upanishads (Hinduism)

"How majestic is your presence in all the earth!" - Psalm 8 (Bible)

"We think of Tirawa (God) as in everything." - Lenape Indian Interview

3. GOD IS LIGHT

"God is Light, and in Him is no darkness at all." - 1 John 1:5 (Bible)

"All things appear, illumined by Brahman's Light." - The Upanishads

"Allah's light illumines all Heaven and Earth." - Koran 24:35



4. THE EXISTENCE OF THE SOUL

"Fear not them which are able to kill the body but not able to kill the soul." - Matthew 10:20 (Bible)

"A soul will not die." - Koran 3:145

"For the soul there is never birth nor death. It is not slain when the body is slain." - Bhagavad Gita (Hinduism)

5. GOD IS INSIDE US

"We know that He dwells in us because he has given us of his Spirit." - 1 John 13 (Bible)

"God dwelleth in all hearts." - Bhagavad Gita

"The one God is hidden in all living things." - Upanishads (Hinduism)

"All animals have power because the Great Spirit dwells in all of them." - Lame Deer, Sioux Chief

"He to whom you pray is nearer than the neck of your camel." - Mohammed



6. SPIRITUAL KNOWLEDGE IS OBTAINABLE

"Take heed of the Living One while you are alive, lest you die and seek to see Him, and be unable to do so." - Jesus, Gospel of Thomas

"All who dwell on earth may find you." - Jewish Prayer Book

"True knowledge can only be attained by a human being." - Krishna

"Seek knowledge from the cradle to the grave." - Mohammed

"The sage who is intent on yoga comes to Brahman without long delay." - Bhagavad Gita

"Search with sincerity and in the end you will find the Truth." - Buddha

"If thou seekest hidden treasures, thou shall find the knowledge of God." - Bible, Proverbs

7. GOD'S NAME: "I AM"

Although all religions have different native languages, most contain similar teachings about God's name. Many of them tell us that God's name can't actually be pronounced, or that giving God a name is like putting a limit on something that is limitless. As well, many of the religions have several names for God.

One name that the religions share is the phrase "I AM." This is shown in Exodus 3:14 and John 8:58 of the Bible, and in the Shatapatha Brahmana of the Hindu faith.

The sacred word soham for Hindus is translated as "I am that I am," the same phrase is found in Exodus 3:14.

8. COMPASSION AND RESPECT FOR EVERYONE

"All beings long for happiness. Therefore extend thy compassion to all. He who wishes his own happiness, let him cultivate goodwill towards all the world." - *Buddha*

"Love your enemies. Bless them that curse you. For if you love only those who love you, what reward have ye?" - *Jesus*

"Judge everybody favorably." - *The Talmud (Jewish Sacred Book)*

9. MORALS: DON'T LIE, CHEAT, STEAL, COMMIT ADULTERY, COVERT OR MURDER

The Ten Commandments, the Ten Precepts of the Buddha, and verse 16:1 of the Bhagava Gita all clearly state these moralistic teachings.

10.. ALL OF HUMANITY IS UNITED
"God hath made of one blood all nations that dwell upon the face of the earth." - *Bible, Acts 17:16*

"All creatures are members of the one family of God." - *Mohammed*

"Human beings, all, are as head, arms, trunk, and legs unto one another." - *The Vedas*

"One thing we know. All men are brothers." - *Chief Seattle*

"All people are your children, whatever their belief, whatever their shade of skin." - *Jewish Prayer Book*

Peace Quotes

"Control of self and peaceful speech and whatever word be well spoken, this is the greatest blessing."
The Buddha

"Do not let the sun go down on your anger."
Ephesians 4:26

"If you love to listen, you will gain knowledge, and if you incline your ear, you will become wise."
Ecclesiastics 6:33

"If you want to see the brave, look at those who can forgive. If you want to see the heroic, look at those who can love in return for hatred."
The Bhagavad Gita

"An eye for an eye only makes the whole world blind."
Mahatma Gandhi

"Lack of respect for growing, living things soon leads to lack of interest for humans, too."
Chief Luther Standing Bear

"A game should challenge us to acquire a new skill, something lacking before and this feeling of enhancing our abilities is the real source of our delight in the game."
Maria Montessori



3 tips for talking to your kids about Juneteenth

1. Educate yourself about Juneteenth before talking to your child. You do not have to complete an in-depth study of the holiday before you start the conversation. Just familiarize yourself with the history and importance. If your child

asks questions, it is okay to say, “I don’t know.” You can always look up answer later to provide to your child. There are so many resources available from books, TV shows, articles, and podcasts. You can also review kid books about the holiday before discussing it with your children.

2. Share the information you’ve learned with your child. Make sure to review these resources to ensure they fit your child’s developmental level. Read books together, look at online videos, watch shows about Juneteenth. There are resources for children of every age, from Sesame Street Juneteenth videos for the younger children to books and tv shows for older children/teens. For a list of book resources check out (<https://www.harpercollins.com/blogs/harperkids/childrens-books-to-commemorate-juneteenth>)

_Also, please look on YouTube for videos, including videos from PBS kids and Sesame Street.

3. Celebrate and learn as a family!

- **Participate in a community event:** There are events in Dayton and surrounding areas celebrating Juneteenth this weekend. Be sure to take appropriate precautions to keep you and your family safe.
- **Have an outdoor cook-out or barbeque:** Incorporate red foods that are traditionally used in Juneteenth celebrations. There are a few theories regarding the use of red foods. Still, most agree that red represents the strength and resilience of Black Americans.
- **Have a read-a-thon:** Read books as a family about Juneteenth and Black American culture
- **Explore museum programs:** The National Underground Railroad Freedom Center is offering an online presentation for the holiday. There may be other options available as well

Take Pride



FAMILY DISCUSSION: LGBT Pride Month: Keep it Simple, Be Honest, Be Open.

This past month of June, many people show in different ways, like in parades or in advertisements, that they are either proud of being gay or support the LGBTQ community. You can't talk about LGBT Pride Month without first talking about what it means to be gay, bisexual, or transgender. This can be an easy discussion that can be started with asking your children what they already know. This allows the opportunity to correct misinformation. A great, simple explanation of what it means to be gay that satisfies most kids is something like, when a man loves a man or when a woman loves a woman. Being open also means keeping the conversation going. The older your kids get, the heavier the messaging so it's important to initiate check-ins in order to gauge what they know and what they are hearing from peers. The dinner table is a great place to discuss important issues. Before you can talk to kids about Pride, you'll want to understand it yourself.

Researching the topic together may be a helpful activity

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Family Activities:

Create a Family Flag: Pick out your favorite colors and create a Flag that represents you Family Values and Beliefs. Feel free to share your flag on our Facebook Page.

Create a Vision Board: The Masterminding process also involved creating a visual image to support the goals you wish to achieve. Words and pictures of what we want to Manifest in our lives and the world helps Master Mind our consciousness to emerge, bringing about achievement of the vision.



Disability Pride Month: What can you do?

ABOUT: <https://www.youtube.com/watch?v=cA-ZrFDevww>

Disability Pride Month is celebrated every July and is an opportunity to honor the history, achievements, experiences, and struggles of the disability community.

2024 Theme: “We Want a Life Like Yours”

This theme comes from The Arc’s National Council of Self-Advocates. It reflects the disability community’s dreams for life experiences that they are too often denied. All month, we’ll share diverse stories of people with disabilities thriving as students, employees, leaders, engaged members of their communities and families, and more given a chance.

Learn About the Disability Experience

Meet People With Disabilities: Visit our story hub and read this Good Housekeeping article that shines a light on what people with disabilities want society to know. The more we listen to people with disabilities and share their truths, the more we can drive positive change!

Learn About Disability Rights in the United States:

The treatment of people with disabilities throughout our history is marked by segregation, discrimination, and attacks on their basic human rights. Learn about key moments from UC Berkley’s archive on disability rights, as well as The Arc’s history. We also encourage you to watch and read media that has been created by and with people with disabilities, such as Crip Camp, CODA, Demystifying Disability, and Disability Visibility.

Share Your Disability Story Using #DisabilityPride and #DisabilityPrideMonth

What are you proud of? What do you want people without disabilities to know? Share your videos, pictures, or written answers on social media using hashtags #DisabilityPride and #DisabilityPrideMonth. We want as many people to join the conversation as possible! Join The Arc’s celebration by following us on Instagram, LinkedIn, Facebook, and X/Twitter.

Take Action

Reach Out to Your Elected Officials: Educate your elected officials about policies that harm or strengthen the quality of life of people with disabilities. Make sure you bookmark The Arc’s Action Center for timely alerts!

Donate to The Arc: For nearly 75 years, The Arc has been at the forefront of positive change in disability rights, and we’re not slowing down! Donate to join our grassroots movement that is creating policy, programs, and possibilities for people with disabilities.

Teach Your Kids to Acknowledge and Include Disabled People

Help foster inclusion for future generations of people with disabilities. Here are age-appropriate tips from TODAY.com, HuffPost, and Cincinnati Children’s.

<https://www.whatcanyoudocampaign.org/>

“A work of art doesn't exist outside the perception of the audience. ” - Abbas Kiarostami

“It's not what you look at that matters, it's what you see.”

Henry David Thoreau

You perception helps determines what you experience. Perception in this sense is a way of **understanding** and interpreting through impressions and your senses. It is your intuitive **understanding** and insight.

The interesting things is that each person's perception is unique. What I see, and understand may not be what you see our understand. Many factors go into what you are perceiving like what your are observing, , the context of the situation, your own personal traits and values, and your past experiences. As this combination is unique, when someone observes at a distance appearing to talk loud with gestures, someone may perceive that a person may be at harm, while someone else may perceive that someone is having a animated conversation, but not necessarily one that puts anyone at any harm. The perspective is your interpretation. If you choose to act on what you see, you may try to either break out the conflict or just let it be.

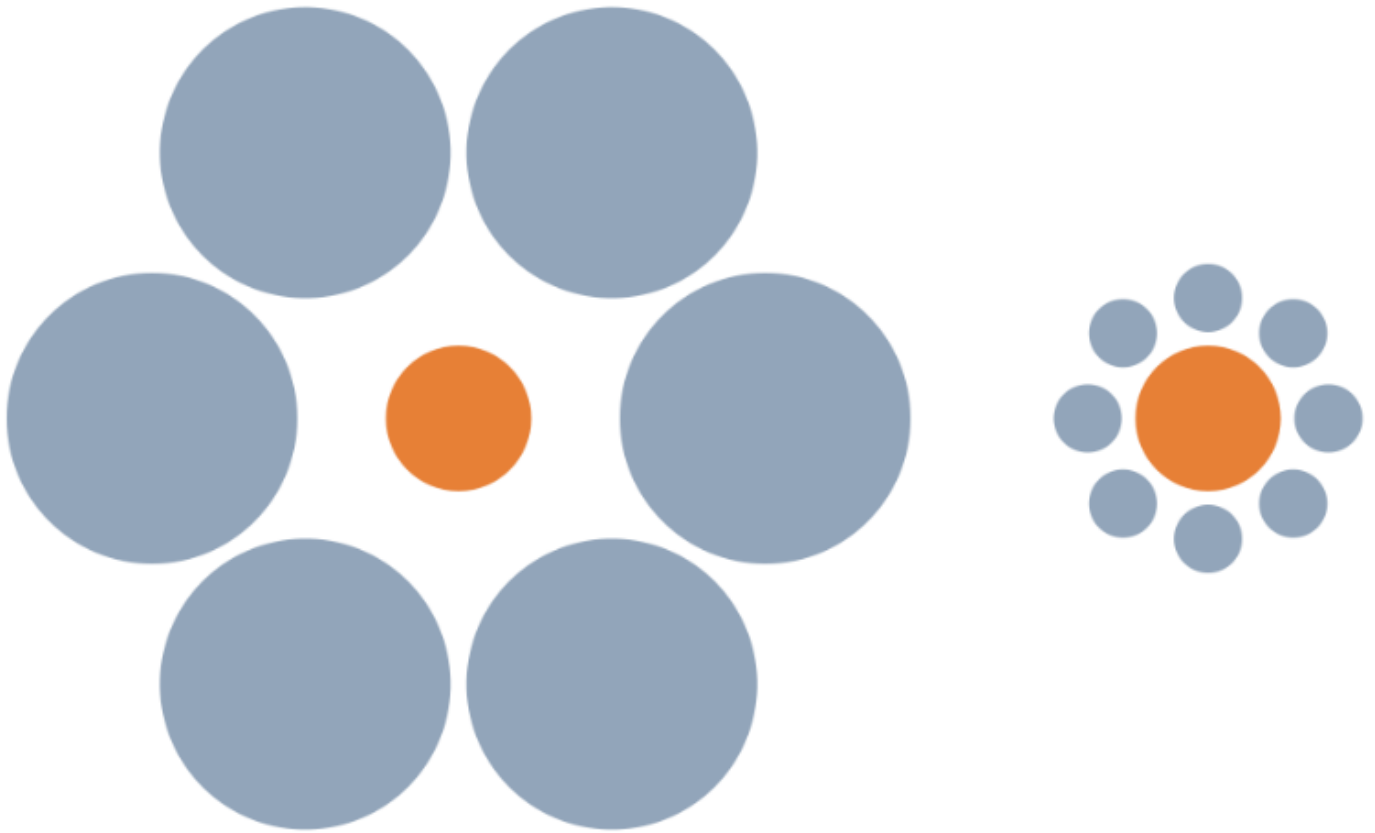


Perspective vs Perception.

Perspective refers to a point of view whereas perception refers to an interpretation that an individual comes up with through his awareness. So the key difference between the two terms is that it is the different perspectives that help us to create our perception. Perception is important because it helps you to understand the world around you. It defines who we believe we are, how we believe our interactions with others should go, and how we believe the world should operate. We view all experiences and conflicts through this lens. Ultimately, it is our perception of an experience that creates our feelings about it, not the event itself. Know that each of us are individualize expressions of perception may help us interact more productively. **The power of will gives us the ability to choose, lead and then decide.** Perception is not about embracing a single perspective. It is more of a collation of different ideas, values, attitudes and experiences which give rise to an insight.



For instance, Janis believed that perfection meant all A's which would lead to success. Therefore, when she got all "A"s she perceived that she was successful. When she did not, she perceived that meant that she was a failure. Her perspective could be people are successful only when they got "A"s. A great example of different perspective is when you perceive a glass filled half way, is it half-full or half-empty?



The Ebbinghaus Illusion: These orange circles are the same size, but the size of the surrounding blue dots, throw off your perspective

(ever notice a similar phenomenon in other areas of your life? Problems or blessings may appear larger or smaller depending on what's surrounding them?)!

THE JOURNEY OF JESUS AND BUDDHA



YouTube Video: Buddhism and Jesus: a beautiful spiritual story is a short story about the similarities between Jesus and Buddha, and your inner dialogue in life and in your heart. (Search: Buddhism and Jesus: a beautiful spiritual story; Link: <https://www.youtube.com/watch?v=v8e4CZUIxNY> }

Concept	Buddha	Jesus
The Golden Rule	Consider others as yourself." (Dhammapada 10:1)	"Do to others as you would have them do to you." (Luke 6:31)
Love others	Let your thoughts of boundless love pervade the whole world." (Sutta Nipata 149-150)	"This is my commandment that you love one another as I have loved you." (John 15:12)
Love your enemies	Overcome anger by love, overcome evil by good. Overcome the miser by giving, overcome the liar by truth. (Dhammapada 1.5 &17.3)	Love your enemies, do good to those who hate you, bless those who curse you, pray for those who abuse you. (Luke 6.27-30)
Turn the Other Cheek	"If anyone should give you a blow with his hand, with a stick, or with a knife, you should abandon any desires and utter no evil words." (Majjhima Nikaya 21:6)	"If anyone strikes you on the cheek, offer the other also." (Luke 6:29)
Help Others	"If you do not tend to one another, then who is there to tend you? Whoever would tend me, he should tend the sick." (Vinaya, Mahajanga 8:26.3)	"Truly I tell you, just as you did not do it to one of the least of these, you did not do it to me." (Matthew 25:45)
Do Not Judge Others	"The fault of others is easily perceived, but that of oneself is difficult to perceive; a man winnows his neighbor's faults like chaff, but his own fault he hides." (Dhammapada	"Judge not, that you be not judged... And why do you look at the speck in your brother's eye, but do not consider the plank in your own eye?" (Matthew 7:1-5)



Family Activity: Discussion on . . .

- How are the people in your family alike? ▪ How are they Different?

Rev. Glenn has talked about the experiences in our life that make Us unique individuals.

What are some of the experiences that make us similar?