

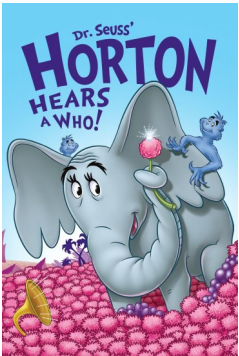


## Weekly Family Activities for March 2023

# The Power of Wisdom

**I THANK THE MASTER MIND, GOD, FOR THE POWER OF WISDOM, MY INTUITIVE KNOWING THAT CALLS ME FORWARD ON THE PATH I AM CALLED TO TRAVEL.**

**LISTENING TO THAT "STILL SMALL VOICE":** If you were asked if you listen to the "still small voice" inside of you, what would you say? If you are listening, what does it sound like? What does it feel like? How do you personally, on your Spiritual Journey, interact with this part of you? The Power of Wisdom resides in the same space with that still small voice and stands ready to lead you.



**Horton Hears a Who!** In Horton Hears a Who! we meet Horton, a kind-hearted elephant who lives in the Jungle of Nool. Always open to the world around him, Horton hears the tiny voices of the microscopic Whos and promises to look after them. This proves to be quite a challenge, but Horton and the Whos work together to make themselves heard.

**Book:** <https://www.youtube.com/watch?v=B-i1E1UbwVI>

**Original animation:** [https://www.youtube.com/watch?v=ie-zLW\\_OGyk](https://www.youtube.com/watch?v=ie-zLW_OGyk)

"A person's a person, no matter how small! And you very small persons will not have to die. If you make yourselves heard! So come on, now, and TRY!"

1. Discuss this statement with a friend and explain what it means.
2. What do we learn about Horton from this statement?
3. How does Horton demonstrate his sense of responsibility towards others?
4. Why does it take courage and determination for Horton to speak up for the members of Whoville?
5. Why is it so hard for an individual to speak up and speak out?

**Looking Within:** Consider that this story is about you and your still small voice.

What do you think this story could suggest about us listening to our conscience, or even finding the time to listen?

The speck-voice was talking!  
The voice was so faint  
he could just barely hear it.  
"Speak up, please," said Horton.  
He put his ear near it. ☺



Can you hear that faint cry for help or are has a "kangaroo" or other societal norms begun to pick us up and carry us away with distractions. Do we get caught up in the watching TV, posting on social media or browsing TikTok or YouTube, liking funny videos and images that we sometimes forget to pause to discern why? Where are **YOU** in these activities, why are you watching this show? How is you still small voice influencing this activity? Or is it? Can you "hear" it in what you choose to like and comment on?

Can you "hear" in these distractions? Do you consider these to be distractions?

**TRY THIS:** Listen. As you go about your day, be aware of simple nudges to pay attention. Allow yourself to go with what you hear inwardly. How do you recognize the still small voice within you? Is the voice saying "I am here?"

**MY SPIRITUAL JOURNEY CHALLENGE:** Find and share a movie or book that helped to strengthen your belief in a higher power and rise-up from a difficult experience in your life, bringing you closer to Spirit. If desired, share this movie or book with someone you care about and ask if they would be open to discussing their awareness with you as you share yours with them.

"There is always light. If only we're brave enough to see it. If only we're brave enough to be it." - Amanda Gorman



# YOUNG BLACK AMERICAN WOMEN MAKING HISTORY



**Aalayah Eastmond, 19, is leading a movement for gun reform that centers Black lives.** As a survivor of the Parkland school shooting, she's founded a non-profit and held events dedicated to [gun violence prevention](#). Her hope is to open the conversation beyond mass shootings to also address the ways that gun violence, police brutality, and poverty impact the safety of Black communities.

**Chanté Davis, 17, is urging lawmakers to**

**take climate action.** She's a lead climate organizer for the Sunrise Movement, and she recently [led a rally at the Texas capitol](#) to confront state leaders about the role of climate change in this month's deadly winter storms.

**Young Black activists were on the frontlines of the global Black Lives Matter protests.** [Aly Conyers](#), [Chi Ossé](#), [Nupol Kiazolu](#), [Tiana Day](#), and so, so many more young people courageously took to the streets to protest anti-Black racism and police brutality during a summer of unprecedented global events.



**Young Black voters in Georgia were decisive in state and national races.** Black voters in Georgia between the ages of 18-29 [defied a legacy of voter suppression](#) to show up in historic numbers in the 2020 election. They were instrumental in the election of President Joe Biden, as well as [Sen. Jon Ossoff](#) and [Sen. Raphael Warnock](#) (who is Georgia's first Black senator).

**Trude Lamb, 16, and her classmates successfully campaigned to change the name of their high school.** She was the fastest runner on (formerly) Robert E. Lee High School's cross country team, but she refused to wear a uniform with the Confederate leader's name on it. Her letter to administrators made her the [face of the move-](#)

[ment](#) to change the school's name, and eventually the school board complied, renaming it Tyler Legacy High School (the school is located in Tyler, Texas).

**Najah Aqeel, 14, fought for a national rule change to allow student athletes to compete wearing hijabs.** After being disqualified from a junior varsity volleyball game for wearing a hijab, she worked with the ACLU of Tennessee to [urge the state's volleyball association to change its rules](#) to allow religious head coverings. The state association agreed, and the National Federation of State High School Associations followed suit, clearing the way for hijabi athletes nationwide.

## LENTEN SEASON CHALLENGE FROM REV. GLENN MCINTOSH:

Get up and Give away plan: Fasting on: —Anger, Apathy, Anxiety, Bitterness, Blame, Busyness, Chaos, Competitiveness, Complaining, Criticism, Darkness, Discontent, Discouragement, Doubt, Drama, Fear of being alone, Fear of change, Fear of Illness, Fear of Lack, Indecision, Insecurity, Judgment, Limitation, Negative Thinking, Obligation, Updated Beliefs, the Past, Perfectionisms, Pessimism, Resentment, Resistance, self-Pity, Shame, Sorrow, Stress, Struggle.

# *International day of Happiness*



International Day of Happiness

March 20, 2016

If you're happy and you know it, celebrate it on International Day of Happiness on March 20! Other than being in a neutral state, happy is how we should mostly be. Unfortunately, emotions like anger and sadness are increasingly becoming a default way to be for a lot of us, so here's a day to cheer up and appreciate the good things and silver linings in life. **March 20th** is the UN International Day of Happiness. We can create a happier and kinder world together by adopting simple, daily practices.



## Happy Activities to Celebrate the International Day of Happiness

- Make a Happiness Collage of pictures of you doing things that made you happy
- Sing (or Listen) to Your Favorite Songs About Happiness.
- Celebrate you. Throw a Party for you and your still small voice.
- Go Around the Room and Share a Happy Memory.
- Share the things that make you happy on social media.
- Read a Funny Story Out Loud
- Surround yourself with positivity
- Create a list of things that make you happy
- Keep Smiling throughout the Day!

# Horton hears a who!

J M A J O R P E S H N O S R E P Y  
F R I E N D D L S Z C Y N Q D J S  
Y M N I P Z K G N Z J G Q S D A K  
T Q I C H K E D T N L S P E C K W  
K C A W U Q L E Z Y B T L K K M H  
T B L H X F G Z F H U J L J X W O  
Q Z T O X W N I H G L C C C Y J R  
P B C O Z S U B S U U Q R M G U T  
D I L O H F J O K E S M A L L M O  
Q I D R E V O L C Q U S S T Z O N  
N S I B P P P F A K J Y Y I M N A  
B B B D G V I N U C M U L N D K S  
O H Z Z K D E X V L O X H K U E Z  
O E L E P H A N T W W G D B N Y O  
F Q F S R G X K I D B M J X B E L  
S U V F D R F S F Y J B V W A G R  
N U J W I L K A N G A R O O N N U

major

small

elephant

speck

friend

clover

person

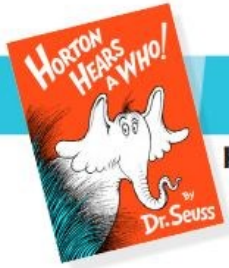
who

jungle

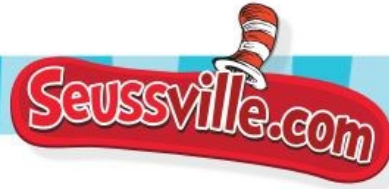
monkey

kangaroo

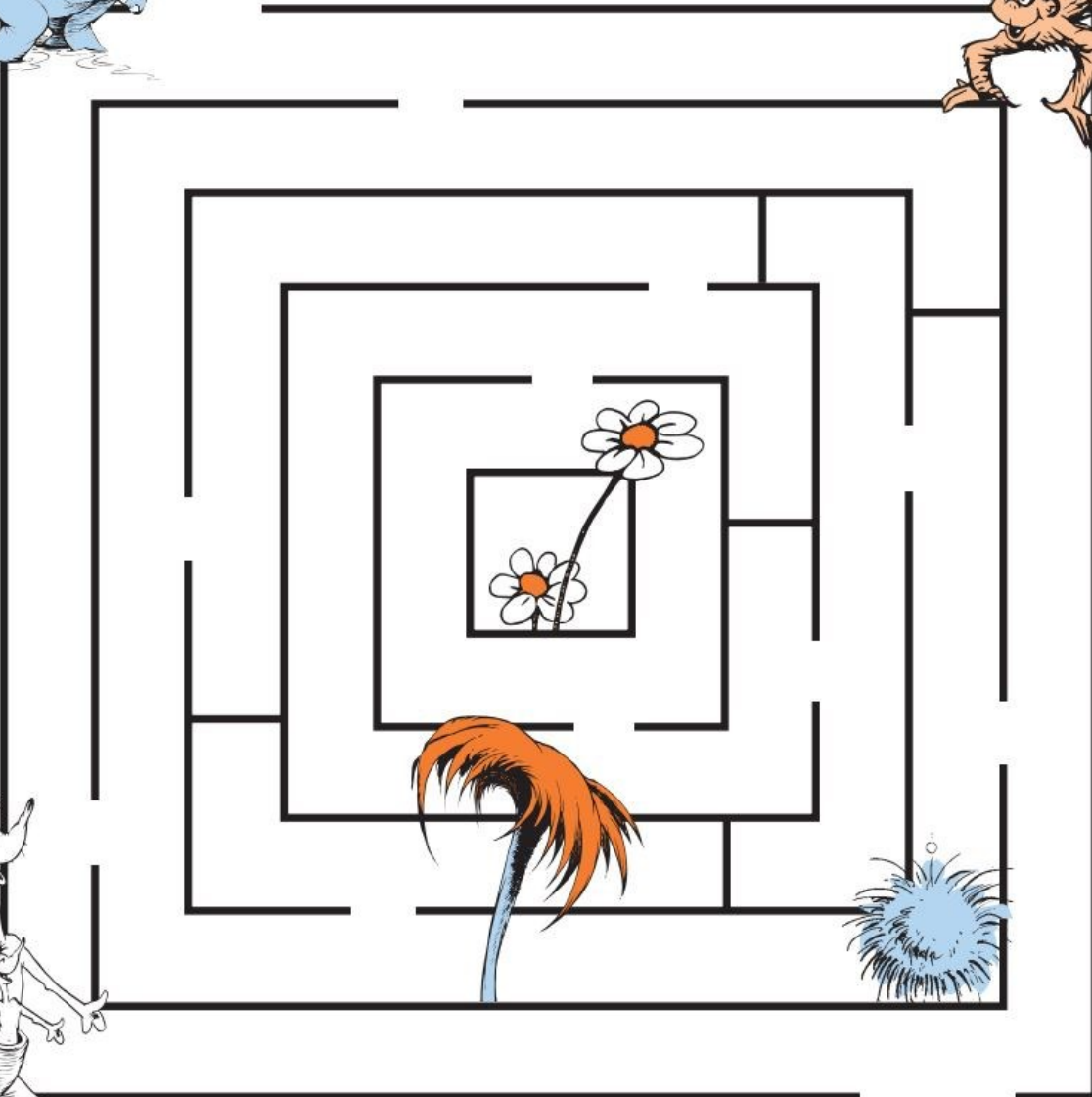
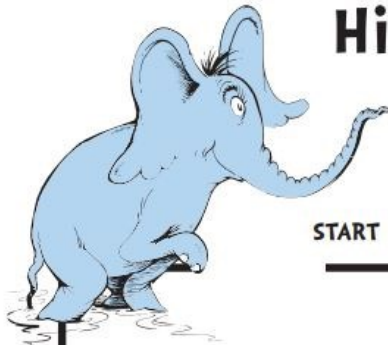
horton



HORTON HEARS A WHO!



# Help Horton Find His Way to the Who!



FINISH



# Unity Spiritual Tool: The Silence

## What Is the Silence?

It is right where you are whenever you shut the doors of your senses, still the importuning of your thoughts, and turn to God. When you enter, the world outside and its troubles melt away. When you leave, your body and mind are refreshed and restored.

## What Is an Example of the Silence?

The Silence is experienced through the practice of **meditation**. It is not necessarily the absence of any sound around you, but a silence of human thought that brings peace to the troubled heart. In the Silence, the whole being becomes a place of prayer, a holy temple set on a hill. There, you know God as a living presence and yourself as God's child.

## How to Experience the Silence

By James Dillet Freeman

In preparing to experience the Silence, try to relax your body and open your mind. Remember, you cannot fight your way through to God; you can only let go and let God.

As you quiet yourself, feel the presence of God freeing you from tension. Let your whole body—every nerve, every muscle, every cell—relax and let go. Wherever you feel any tension, relax and let go. If you feel tense across your forehead, say “Relax and let go.” If your eyes feel strained, say “Relax and let go.”

If you are tense in any part of your body, say “Relax and let go,” until, from the top of your head to the soles of your feet, you are perfectly relaxed. This is the first step in experiencing the Silence.

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*“Be still, and know that I am God!” Let this thought fill your mind completely. Be comfortable, relaxed and still. You are in the presence of God.*

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## Be Still

“Be still, and know that I am God!” (Psalm 46:10) Say this silently until the words take on new meaning, a living meaning, and you feel the stillness with your whole mind, your whole being. This is the second step in experiencing the Silence, and perhaps the most important.

## Using Affirmative Thoughts

When you enter the Silence, let your affirmations help change you. Use them to direct your thoughts, to make them clear and sharp; then be still and listen. It is God's voice that you wish to hear.

***I am the light of the world.*** Be still until you actually sense the light of Spirit flowing through you and over you. Be still until you feel yourself immersed in a sea of light, until you feel your whole being illumined and uplifted.

***I have divine intelligence.*** The mind of God is a reservoir of good ideas that are yours to draw upon, yours to use. Open your mind to the inspiration of God. You are alive, awake, alert, joyous, and enthusiastic. You have divine intelligence.

***All power is given to me in mind and body.*** Feel the power of God working through you to free you from any negative influence. You are a child of God. You have the power to control your thoughts, to revitalize your body, to be successful, and to bless others. Unleash the power within your mind and body.