

What does it mean to be a People of Trust?

Family Faith Formation

Books/Readings of Sanctuary

Somebody Loves You, Mr. Hatch by Eileen Spinelli, Author; Paul Yalowitz, Illustrator.

"One wintry day, a postman delivers a mysterious package with a big pink bow to a lonely man named Mr. Hatch. "Somebody loves you," the note says.

"Somebody loves me!" Mr. Hatch sings as he dusts his living room. "Somebody loves me!" Mr. Hatch whistles as he does his errands in town. "But who," Mr. Hatch wonders, "could that somebody be?" - Amazon

Family Activity – Three Valentine’s a Day Ritual¹

Here’s an activity you can engage in as you get the kids ready for bed, tucking them in for the night. You can think of them as your daily Valentines during this time period. Pose the question, “What were the three best moments of the day?” Write them on hearts you place into a jar, collecting them for those moments when your spirit needs a lift, trusting that the message will be right for you in that moment.



“Sifting back through the hours, I make my choices and savor them. I carry them with me into drowsiness and finally to that place the brain goes at night, where it runs on silence and dream images.” - from the author, Barbara Kingsolver²

Family Video – Nothando’s Journey

Nothando’s Journey by Jill Apperson Manly (Author), Alyssa Casey (Illustrator)

Book: https://www.amazon.com/Nothandos-Journey-Jill-Apperson-Manly/dp/0615892353/ref=sr_1_1?ie=UTF8&qid=1543337146&sr=8-1&keywords=nothando%27s+journey

Video: <https://www.youtube.com/watch?v=x-ZWfw2kknA>

“NOTHANDO'S JOURNEY is a journey in self-discovery, told through the eyes of a young girl named Nothando. The book tells of the Reed Festival, an important celebration in Nothando's country of Swaziland in Southern Africa. Nothando and her brother venture into the unknown hills, in order

¹ Image: "Heart bokeh 2" by Lee Ann L. is licensed under CC BY-NC 2.0

² <https://www.npr.org/sections/13.7/2012/02/09/146472775/the-pulse-and-beat-of-a-daily-valentine-ritual>

to get to the festival on time. As Nothando explores the hills of Swaziland, she visits with various animals--Nothando moves freely with the animals and begins to become comfortable with who she is." - Amazon. The video is great!

Future Themes

Theme packets will be posted to our website, surreyunitarians.ca, on the Thursday prior to the theme starting. If you'd like to join a small group, please contact Rev. Samaya. Small groups typically meet:

- the third Monday evening of each month (except in November when the group will meet on the last Monday evening of the month); and
- the fourth Wednesday afternoon of each month.

Themes for the 2019-2020 year are:

September and October – What does it mean to be a people of sanctuary?

November and December – What does it mean to be a people of hope?

January and February– What does it mean to be a people of trust?

March and April– What does it mean to be a people of wholeness?

May and June– What does it mean to be a people of blessings?

Get Daily Inspiration on the monthly theme by liking our **Soul Matters Facebook inspiration page:**

<https://www.facebook.com/soulmatterssharingcircle/>

Find Musical Inspiration on each theme by following our monthly **Spotify lists:**

<https://www.soulmatterssharingcircle.com/spotify-lists.html>

Explore the Theme with Your Family by getting our monthly parent guides, **Soulful Home:**

<https://www.soulmatterssharingcircle.com/soulful-home.html>



© 2018-19 Soul Matters ALL RIGHTS RESERVED