

# *What does it mean to be a People of Belonging?*

## **Family Faith Formation**

### **Books and Readings on Belonging**

#### **All I See Is Part of Me**

by Chara M. Curtis (Author), Cynthia Aldrich (Illustrator)

Book: <https://www.amazon.com/All-I-See-Part-Me/dp/0692339868>

Video: [https://www.youtube.com/watch?v=C5V\\_gv9X9TE](https://www.youtube.com/watch?v=C5V_gv9X9TE)

“This is unquestionably the most accessible and beautiful book about the interconnected web of existence I have ever found. I used it as the children's sermon at the UU Church where I sometimes preach, and the response was incredible. People came up to me afterwards raving about how it simply and movingly it expressed the most complex spiritual concept that is at the heart of the faith.

It is, perhaps, particularly valuable at a time when physicists are sounding more and more like mystics; Neil DeGrasse Tyson has said that we are part of the universe and the universe is part of us and that should make us feel large, not insignificant. That key truth is the crux of "All I See is Part of Me."

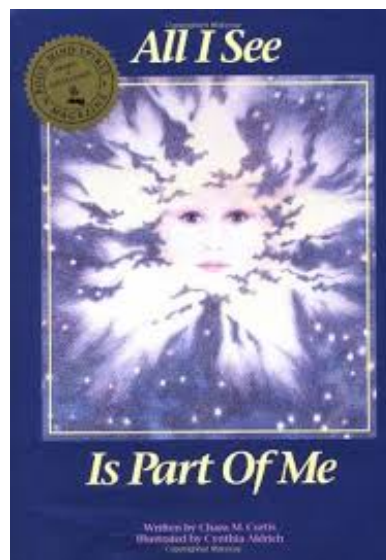
Chara Curtis's poetic story begins with a small child of indeterminate gender (some children see a girl, some a boy and that is part of the charm) sitting on a hilltop and observing the world, solipsistically sensing that it was all somehow connected to her (or him). That feeling is confirmed by conversations with the various elements of the world: Brother Sun and Sister Star. These encourage the child to look inside to find the connection with the Universe, manifesting as a light (energy).

"All the plants, the animals and trees

Are in your light, and you are these."

In that light, the child finds all the answers to any question that can be asked, and touches, in a profound way, eternity...This is a kind of spirituality for the 21st Century when science and faith are coming closer to each other than they ever have. It is non-sectarian; quite the opposite. It is an expression, on a level even a child can understand, of the Spirit that moves the Universe and is accessible in the smallest blade of grass.

"I said a prayer I know was heard,



`Cause all I am hears every word."

Amen." - Jeremy McGuire review on Amazon

## Family Activity

During the High Holiday of Yom Kippur in Judaism, the Jews seek to improve themselves and the world in the coming year. Watch this short video about Yom Kippur

<https://www.youtube.com/watch?v=NQN9ym9DfDs>

How would you try to improve yourself and the world in the coming year? How would you seek to include all peoples in a circle of love?

Think of one way you could start today and do it.

## Family Movie

**Coco** - Aspiring musician Miguel, confronted with his family's ancestral ban on music, enters the Land of the Dead to find his great-great-grandfather, a legendary singer.



*Soul Matters*  
SHARING CIRCLE

© 2019-20 Soul Matters ALL RIGHTS RESERVED