

Soul Matters Family Theme Packet

January 2023

Living With Intention

Family Faith Formation

Family Story

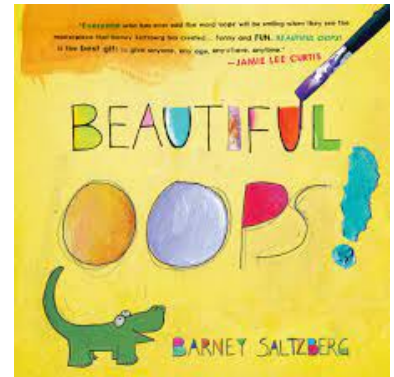
Beautiful Oops by Barney Saltzberg. “Here’s a story about making mistakes. If we learn from our mistakes, we can sometimes make something beautiful instead. Here we go.”

Even though this book is for young children, all ages have learned from it. Here’s a link to a video of the book with song:

<https://www.youtube.com/watch?v=2fZjMYdQjGM>

After reading the book, take time to reflect on these questions.

- What part of the story do you remember the most?
- What did you like about the story?
- What didn’t you like about the story?
- What do you think this story teaches us?
- Have you ever made a mistake but were able to learn from it or even make something more beautiful?



Family Activities

A Mistakes Ritual

What do you do when you make mistakes and want to make up? Many faiths have a ritual. UU’s don’t - YET. Create one because we all make mistakes and need a way to return to our intentions. What can the group create? Use these steps as a general guideline and invite the group to come up with their own ritual.

A mistake hurts and reminds us we are failing. How do we return to our intentions?

- Opening words. Tell the story about the mistake.
- Meditation. Imagine what it would be like if it got better.
- Action Plan. Make a plan. Do something to help make it better.
- Express Gratitude. Song, poem, art. Give thanks and gratitude for what you do have.
- Music. Set aside anger to be free from its poison.
- Celebrate a return to Intention. Permission to heal.

A Path of Intention

Use permanent markers to decorate and write the following words on smooth rocks. The words are from Samuel Beckett's *Worstward Ho* -

“Ever tried. Ever failed. No matter. Try Again. Fail again. Fail better.”

Go outside and create a path outlined with the inscribed rocks. Make a path with the rocks somewhere your family regularly walks to remind you to keep trying to fulfill their intentions. Invite people to walk the Path of Intention when things get tough.

Family Movie

Pleasantly plump teenager Tracy Turnblad teaches 1962 Baltimore a thing or two about integration after landing a spot on a local TV dance show.

