

Living the Truth I Know

We Are Better Together

Wisdom Story		“The Bundle of Sticks” Aesop’s Fables
Key Issue		Sometimes we feel like we are alone or we feel as though we have been excluded. We forget that Spirit is within us, always present.
Living the Truth		Working together brings unity and in unity there is strength.
Unity Principle		#1 - There is only one Presence and one Power active as the universe and as my life, God the Good.

Adult Review & Enrichment

Thoughts to Contemplate

- “Alone we can do so little; together we can do so much.” ~ Helen Keller
- “None of us, including me, ever do great things. But we can all do small things, with great love, and together we can do something wonderful.” ~ Mother Teresa
- “Changing the world takes more than everything any one person knows, but not more than we know together.” ~ Simon Sinek
- “It’s like peanut butter and chocolate. Each is great, but they are better together.” ~ Richard Whitehead
- “Teamwork is the ability to work together toward a common vision. The ability to direct individual accomplishments toward organizational objectives. It is the fuel that allows common people to attain uncommon results.” ~ Andrew Carnegie

Centering & Coming Together

Beginning by engaging in some centering time helps to build connections and to create a prayerful and sacred environment. Encourage each member of the family to contribute and to take turns leading the different activities.

Set Up Your Sacred Space

Encourage each member of the family to contribute to creating the space. Items to consider:

- Colorful scarf or cloth on which to place the items
- Electric Candle
- Crystals/Stones – nature items
- Prayer cards
- Items that have a special meaning to an individual
- Electric Tealight

Light the Candle

As you turn on or light the candle, invite all to focus on the flame and know that the Christ presence within, is always alive in us.

- Prayer the **Prayer for Protection**
 - *The Light of God surrounds us*
 - *The Love of God enfolds us*
 - *The Power of God protects us*
 - *The Presence of God watches over us*
 - *Where we are, God is!*

Check In

- Each person chooses a tealight and then shares their name, an I AM statement, such as, *I am Diane and I am powerful*, and turns on their tealight. For each person, the group then repeats the name and affirmation in order to give a blessing, “*Diane, you are powerful.*” Go around the circle until all are affirmed.
- Next invite each person to share 3 of their favorite things. (*Color, movie, sport, bug, animal, song, planet, game, etc...*)

Sacred Breath

- This is the time when we use a breathing exercise to de-stress and to move our attention into the present moment. Choices include:
 - Smile, Take a Breath & Relax
 - Tighten all muscles, breath in, hold, and release

Celebration Leader

- Invite people to think of one or two things they would like to celebrate. As each person shares, make a joyful noise. *This activity invites us to look for the good even in very small and simple ways.*

Adapted from: *My Prayer Filled Life, Tales of Wonder & Imagination* by Diane Venzera
Spirit's Light Foundation, an Alternative Unity Ministry

Share the Story

Story is used to create a common experience. The story reflects an issue that the participants might be experiencing and invites us to consider that we are not alone in what we are thinking, believing, and/or experiencing.

“Bundle of Sticks” Aesop’s Fables

This is a story about the difference between fighting with one another and working together in harmony.

Story Focus

This story shares the idea that working together makes us stronger.

Share the Story

A certain Father had a family of Sons, who were forever quarreling among themselves. No words he could say did the least good, so he cast about in his mind for some very striking example that should make them see that discord would lead them to misfortune.

One day when the quarreling had been much more violent than usual and each of the Sons was moping in a surly manner, he asked one of them to bring him a bundle of sticks. Then handing the bundle to each of his Sons in turn he told them to try to break it. But although each one tried his best, none was able to do so.

The Father then untied the bundle and gave the sticks to his Sons to break one by one. This they did very easily.

“My Sons,” said the Father, “do you not see how certain it is that if you agree with each other and help each other, it will be impossible for your enemies to injure you? But if you are divided among yourselves, you will be no stronger than a single stick in that bundle.”

Discuss the Story

The discussion questions can be used to provoke thought and to allow the participants time to grapple with their own questions and to seek their own answers

- What did the farmer’s sons do all day long?
- What did the farmer ask the sons to bring him?
- What did he ask each of his sons to do?
- What lesson did the father help the sons understand?
- Tell me about people that you quarrel with. Siblings, friends, parents...
- What are you usually arguing about?
- What emotions do you experience when you are arguing?

- Tell me about a choice you made when you were angry or upset.
- What happens when we make a decision when we are angry or upset?
- Think of a time when you were in conflict with a friend or sibling. Try to remember the energy of the emotion you were feeling and the negative things you experienced. Now use your imagination and think about what might have happened if you and your friend had worked together instead of being in conflict.
- Tell me about a time when you tried to do something by yourself that you were unable to accomplish or complete.
- What might it have been like to ask for assistance or work together with someone else?
- Think about a conflict going on in your life or in the world around you. Describe it.
- How would you like it to be?
- What can you do to help this new idea or thought become a reality?

Activities

The activities are used to give the participants the opportunity to explore the lesson's teachings through art, science, and/or games.

Stronger Together

The intention of this activity is for the children to experience strength in numbers.

Supplies

- 3 Boxes of toothpicks
- Rubber bands
- Glue

Action

Reenact the farmer's challenge...

- Divide the children into groups of 3
- Give each group about 15 toothpicks banded together.
- Invite them each to try to break the banded toothpicks in two.
- What happened?
- Invite each child in the group to remove one of the toothpicks and try to break it in two.
- What happened?
- What can happen if we try to do everything by ourselves?
- When the toothpicks were banded together they were stronger. What does this tell you about working together with others for a common purpose?

Discuss

- What was this experience like for you?
- What would have happened if you were all alone in this activity?
- How did working with someone else make the task easier?

Action

- Now invite the children to work in teams of three and create something out of the toothpicks.
- Ask them to explore how they can work together. Who will have each of the roles from the story?

Discuss

- What happened in this experience?
- What was it like to have to work together?
- How did you decide what actions you were going to take?
- How did the activity end?
- What would you have liked to be different?
- What can you do the next time you are working with a team to help it be a positive experience for everyone?
- What kind of project can we create in which we can work together in order to improve our world?