
Today's Lesson: PEACE STARTS WITH ME

on the theme of:
Gratitude & Hope



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**FIRST PARISH
CHURCH**
IN WESTON
UNITARIAN UNIVERSALIST

*Children's
Religious Education*



PEACE PRAYER OF ST. FRANCIS

*Lord, make me an instrument
of your peace:
where there is hatred,
let me sow love;
where there is injury, pardon;
where there is doubt, faith;
where there is despair, hope;
where there is darkness, light;
where there is sadness, joy.*

*O Divine Master,
grant that I may not so much seek
to be consoled as to console,
to be understood as to understand,
to be loved as to love.
For it is in giving that we receive,
it is in pardoning that
we are pardoned,
and it is in dying
that we are born to eternal life.*

In Class

At First Parish we talk about the Earth a lot; we talk about experiencing God in nature and how we can take care of our planet, and we also talk about what it means to share the Earth with all kinds of living creatures and with so many other people.

Unfortunately, sometimes there is sadness, anger and fighting in the world. People can be scared or selfish and forget that we are all interconnected. God's dream is to see a peaceful World where all people are happy and filled with love & kindness.

Peace can start with ME! By taking time to be peaceful inside my heart—I can love others, help others and share my gifts with the world. I am a better person when I am peaceful. People at First Parish, Jesus, Mother Theresa, Martin Luther King, Jr. & the Dalai Lama have all taught us so much about peace.

We can be peacemakers by letting God's love flow through us so we can be our best selves, and then go out and share that peace with others to make the world a better place.

AT HOME

Continue learning with your child this week!

Family Activities

- ☮ **Family Discussion** — What does peace look like, sound like, feel like? How can we be peaceful? How can children make a difference?
 - ☮ **Peace Rocks** — Paint peace rocks together and leave them at a park for others to find!
 - ☮ **Meditation** — Close your eyes, relax, breathe deeply & meditate together listening to peaceful music.
 - ☮ **Peace Signs** — Make peace signs out of playdoh, pipe cleaners or paint.
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**“Peace begins with
a smile.”**

– Mother Theresa
