

Hello

May 2020

A publication of Winnipeg Monthly Meeting
Religious Education committee.
Especially for families and youth.

Hello young friends!

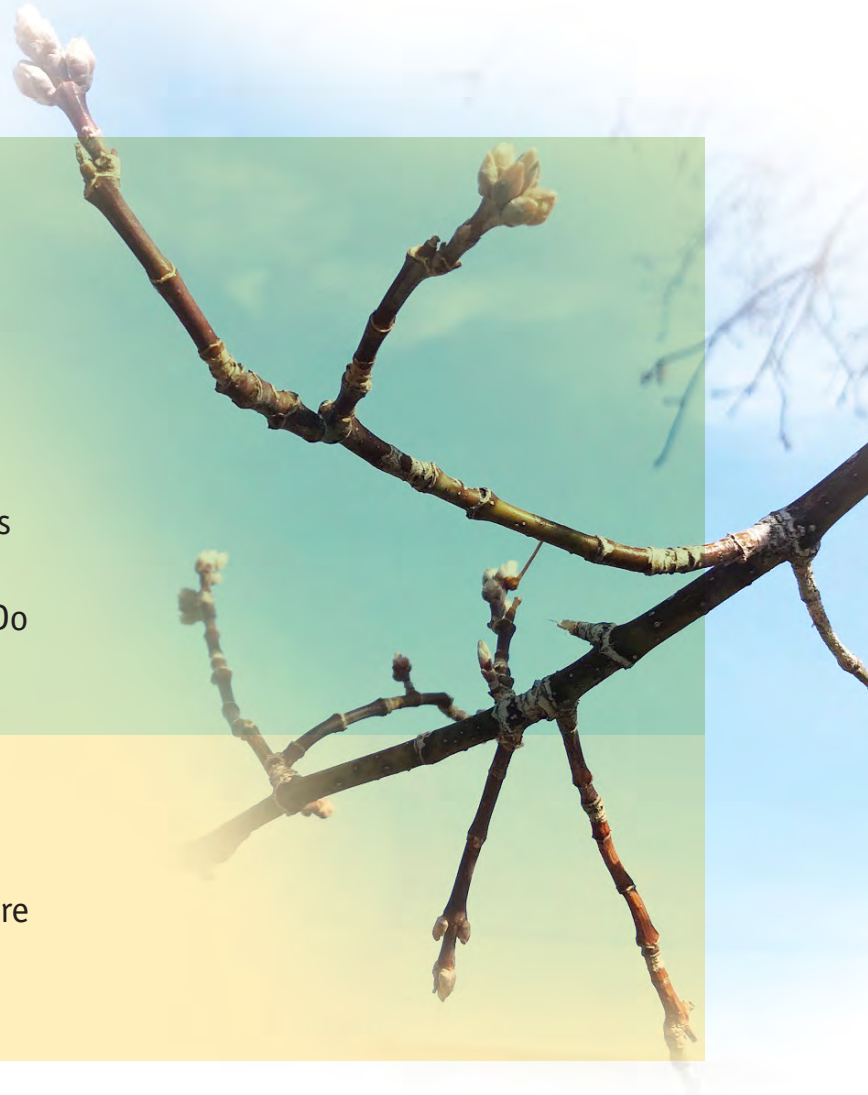
How are you today? Feels like quite awhile since we've met in person. I hope you are doing fine. So much has changed in the last few months — the snow has melted, new leaves are growing on trees, and the weather is getting warmer. It's really nice to be outside these days.

Trees

I've been thinking about trees lately. They are beautiful and strong and amazing. I've been watching for new leaves and pussy willows. I've been watching woodpeckers and chickadees and robins and loving the songs and sounds they make. What about you? Do you like trees? Look inside for more.

Quiet

Inside are some quiet games. Both are about finding things.



Trees and Us

Trees are amazing. They grow tall and stretch out their branches to the sky. They provide homes to birds and squirrels and insects. They stand up strong no matter the weather. It doesn't matter if it's cold or hot or snowy or windy — they stay where they are, just being trees.

That's one of the things I like about trees. They are content to just be trees. Some are round in shape with wide trunks; some are thin with wiry branches. No matter what shape they are, or what kind of tree — they are all trees and all perfect just the way they are. Being with trees reminds us that we are perfect just the way we are, too.

Trees have deep roots. That's one of the reasons they stand up so tall and confident no matter how windy it is. Do you think people can have deep roots, too? What do you think that means? I think my roots are my family, my home, and the way I feel connected to the earth.

How are we connected to the earth?



Activity - Be a tree

You can be like a tree. Try this yoga pose, known as the Tree Pose. First, stand up straight and tall. Then bring one leg up so that your foot rests against the side of your leg. Think of yourself being tall and rooted and strong. Good for you!



Make a movie!

How did you do with your movie last month? Did you have fun? I made a little movie, and it was a lot of work, more than I expected. If you'd like to see it, you can find it here:

<https://www.youtube.com/channel/UC8hGQ0iae4shEk30w4ZGPlg>



Quiet Finding Game

How many things can you find on this page?

1 spinning top

4 leaves

4 cats

2 houses

1 Little Bird

3 hearts

1 doll baby

1 yellow penguin

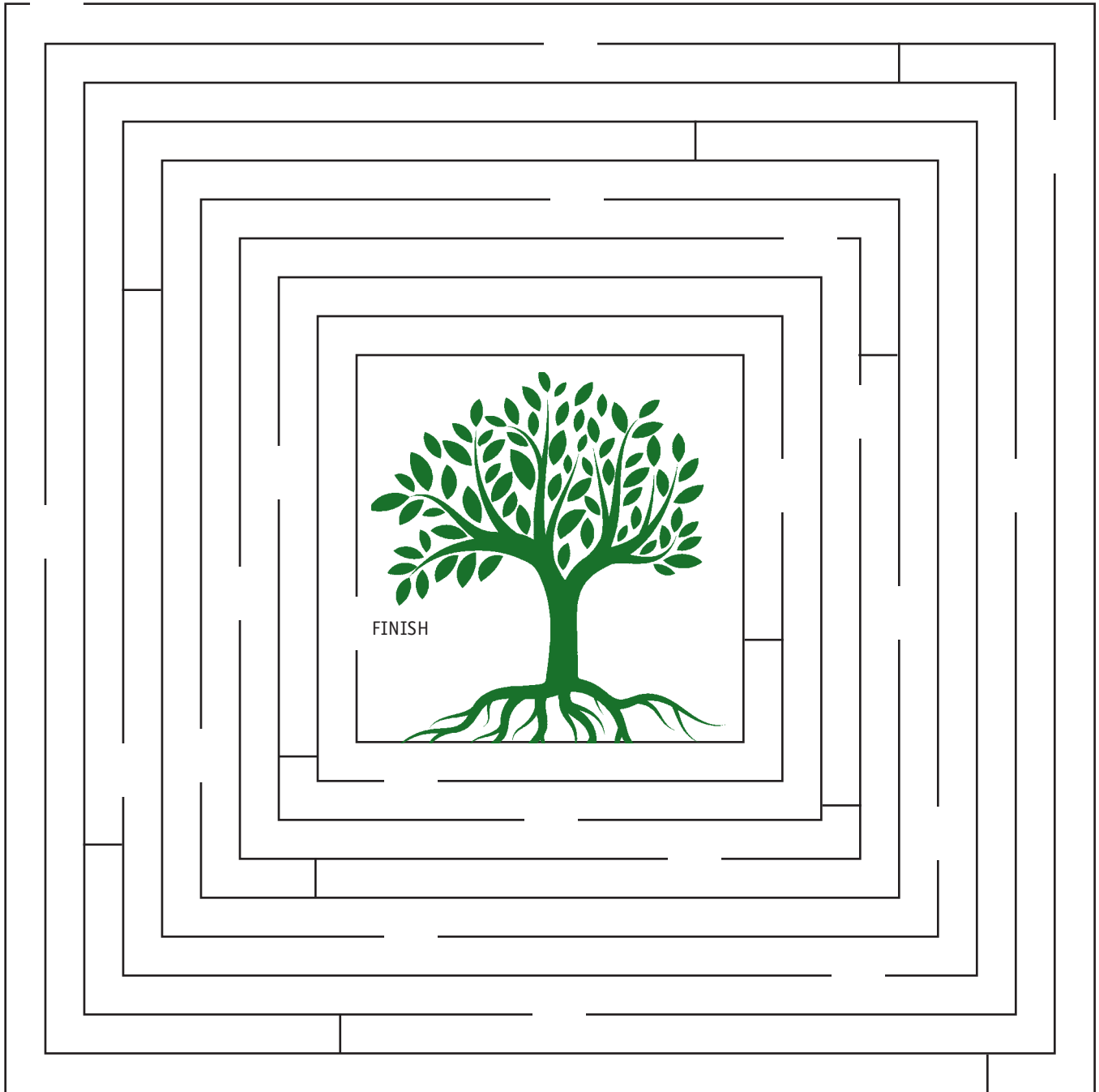
1 orange penguin



A Quiet Maze Game

Find your way to the big tree

START



"I could talk aloud to the oak tree and know
that I was understood."

- Howard Thurman