



Weekly Family Activities for December, 2022

IN-SPIRIT-ATIONAL LIVING - SACRED CONNECTIONS

**SACRED TEXTS, SACRED TRUTHS** That which is considered "sacred" is considered connected with God, embodying principles that keep us close to spirit, our source. What sacred texts do you draw upon to be reminded of your sacred truths? How do these truths connect to all that you've experienced in your Spiritual Journey this year?

SUNDAY: SO WHAT ABOUT THE BIBLE?

Excerpt for Article by Rev. Kathryn Kellogg, Children & Family Ministry Coordinator

*Does Unity even need the Bible? Is it still valid and relevant for today's young people? Why would I want to teach stories that aren't even true? This article is written from the belief that the Bible is an important tool for our spiritual growth and a wonderful repository of stories that speak to our spiritual growth and understanding. As such, our children and teens need to be given the tools to explore its mysteries.*

In Unity we find ourselves at a place where some Unity churches have left the Bible for more secular texts. There are many reasons for relegating it to a shelf. Some people have experienced feeling "beat up" by the Bible or have been treated badly because of their gender, race, age, or self-expression. Some believe that the violence in the Old Testament and a vengeful God does not represent the God they know, that the stories don't make sense or have no worth because they aren't true. In these instances, the Bible stories seem difficult to reconcile with what we teach. There are also Unity churches that use the Bible as their textbook for living. They use the stories as a basis for their lessons and have found value in studying it more deeply. Many of these churches can be found in the "Bible Belt" where Bible-literacy is a way of being in the larger community. However, location does not define where the Bible is part of the curriculum and where it is not. It depends on what we believe.

**What We Believe**

So what does Unity believe about the Bible? The Unity Identity Statement, created by hundreds of Unity ministers, licensed teachers and church members, states that "Unity co-founders, Charles and Myrtle Fillmore, studied the Bible as history and allegory, and interpreted it as a metaphysical representation of humankind's evolutionary journey toward spiritual awakening. In addition, Unity recognizes that the Bible is a complex collection of writings compiled over many centuries. We honor the writings as reflecting the understanding and inspiration of the writers at the time they were written. The Bible continues to be a valuable spiritual resource for us."

Unity is really known for its unique approach to interpreting the Bible metaphysically. We look at the Bible as the story of our own spiritual journey, humankind's growing awareness of our divine nature. When we approach the Bible metaphysically and consider how the stories are playing out in our lives, then the wonder and mystery of its truth comes alive.

For more information on Unity.Org view: <http://www.unityworldwideministries.org/education-links-archive>



**Family Activity/Discussion:** What are your family beliefs? Is the Bible part of your Sacred Text? As a family find a passage or verse from the Bible or other spiritual text that best fits your families spiritual journey and memorize it as part of your families sacred text. Recite it to each other daily.



## UNITY AND WORLD RELIGIONS

One common facet of all faiths is known as the 'Golden Rule', which, recognizing that there is just one Creator, and that all men and women are equal in the eyes of the Creator, people should treat each other in the same way that they would want to be treated. The "Golden Rule" is often considered sacred text to your spiritual journey.

'Never impose on others what you would not choose for yourself.'

—Confucianism, Analects, XV.24

'Regard your neighbor's gain as your gain, and your neighbor's loss as your loss.'

—Taoism, T'ai Shang Kan Ying P'ien

'For a state that is not pleasant or delightful to me must also be to him; and a state that is not pleasing or delightful to me, how could I inflict that upon another?'

—Buddhism, Samyutta Nikaya v.353

'That nature alone is good which refrains from doing to another whatsoever is not good for itself.'

—Zoroastrianism, Dadisten-i-dinik, 94.5

'Whatever you wish that men would do to you, do so to them. This is the meaning of the Law of Moses and the teaching of the Prophets.'

—Christianity, The Bible, Matthew 7:12

'What is hateful to you, do not do to your neighbor; that is the whole Torah; all the rest of it is commentary.'

—Judaism, Talmud, Shabbat 31a

'Not one of you is a believer until he loves for his brother what he loves for himself.'

—Islam, Hadith of an-Nawawi 13

As can be seen above, all of these prophets and religious teachers have consistently preached doing unto others what we would want to have done to ourselves. But this same sentiment can be found in ancient and traditional beliefs outside of mainstream religion:

'One who is going to take a pointed stick to pinch a baby bird should first try it on himself to feel how it hurts.'

—Yoruba Proverb, Nigeria

'Avoid doing what you would blame others for doing.'

—Thales, Ancient Greece c. 600 BCE

When a person adopts a spiritual life and embarks upon a spiritual journey, people around them should observe a positive difference in their behavior; otherwise what is the purpose of a spiritual journey that fails to transform someone?

### Questions:

Many of the things we see important in our faith, other religions see the same. What are other things do we have in common with other faiths?

Do you ever feel different from people around you? When you do, what can you do to find ways you are more alike than different?

## WEEKLY FAMILY ACTIVITIES

### holidays around the world



Here is a short list of some Cultural Holidays or Ceremonies. See if you can celebrate with one of these cultures or create your own ceremony.

- ☑ Kwanzaa - Lighting of the Kinara, create Zawadi to give to someone or arrange a family Karamu
- ☑ Diwali - Festival of Lights - Learn how to do Bollywood
- ☑ Christmas - Read the Nativity Story, Create a Manger, If you had \$5 What gift could you give away to someone else. From all of your gifts, what gift would you give away?
- ☑ Hanukkah - Play the Dreidel Game
- ☑ Día de los Muertos - Meals - Have a family picnic, Create Ofrenda - Altar
- ☑ Yom Kippur - Have mindful mealtime, Try practicing an hour of silence

# OH! MR. TODD. . .



NAME \_\_\_\_\_

## Instructions for Winning Prizes:

Every week we will share activities and discussion to undertake as a family. Once you've performed all of the activities, return . . . **STARS** will be rewarded towards a **Prize!** Feel free to post your thoughts, pictures and discussions on our Facebook Page: <https://www.facebook.com/RUYouthandFamily>

# Unity & The Bible...



## Unity's 5 Basic Principles

### 1st PRINCIPLE

**"There Is Only One Power And One Presence In The Universe, God, Who Is All Good And Active In Everything, Everywhere."**

#### **BIBLE QUOTES THAT SUPPORT THIS PRINCIPLE**

##### **Psalm 139:7-10**

"Where can I go from your spirit? Or where can I flee from your presence? If I ascend to heaven you are there; if I make my bed in Sheol, you are there; if I take the wings of the morning and settle at the furthest limits of the sea, even there your hand shall lead me, and your right hand shall hold me fast."

##### **1 John 4:16**

"So we have known and believe the love that God has for us. God is love, and those who abide I love abide in God, and God abides in them."

##### **Joshua 1:9**

"I hereby command you; do not be frightened or dismayed, for the Lord your God is with you wherever you go."

##### **1 John 1:5**

"This is the message we have heard from him and proclaim to you, that God is light and in him there is no darkness at all."

#### **IMPORTANT POINTS**

- ♥ *God is everywhere equally present.*
- ♥ *God is not a far off ruler on a throne. God is wherever we are because God is within each one of us.*
- ♥ *We discover our God presence by turning within.*
- ♥ *Each of us are partners with God in creating our world. We co-create together.*
- ♥ *As a wave is part of the ocean, we are part of God.*
- ♥ *God is Omnipresent.*

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## 2nd PRINCIPLE

***"I am naturally good because God's divinity is in me and in everyone."***

### **BIBLE QUOTES THAT SUPPORT THIS PRINCIPLE**

#### **John 3:16**

**"For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life.**

#### **2 Corinthians 13:5**

**"Examine yourselves to see whether you are living in the faith. Test yourself. Do you not realize that Jesus Christ is in you?"**

#### **John 14:6**

**"Jesus said to him, 'I am the way, the truth and the life. No one comes to the Father except through me.'"**

#### **Colossians 1:27**

**"To them God chose to make known how great among the Gentiles are the riches of the glory of this mystery, which is Christ in you, the hope of glory."**

### **IMPORTANT POINTS**

- ♥ ***We are created in the image and after the likeness of God.***
- ♥ ***Our Christ light is within us and nothing we do can extinguish it.***
- ♥ ***Because of this Divinity within we can accomplish anything we set our minds to.***
- ♥ ***The power of our own Divinity is what releases our innate potential and transforms us.***
- ♥ ***Our Divinity pushes us toward something greater than we are now expressing.***
- ♥ ***It is when we resist this urge to grow that we experience a sense of loss and disconnectedness.***
- ♥ ***Our greatest gift to others is to recognize their Christ potential.***

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## 3rd PRINCIPLE

***"I create my experiences by what I choose to think and what I feel and believe."***

### **BIBLE QUOTES THAT SUPPORT THIS PRINCIPLE**

#### **Proverbs 23:7 (King James Version)**

**"For so as he thinketh in his heart, so is he.**

#### **Romans 12:2**

**"Do not be conformed to this world, but be transformed by the renewing of your minds, so that you may discern what is the will of God."**

#### **Proverbs 16:9**

**"The human mind plans the way, but the Lord directs the steps."**

#### **Philippians 4:8**

**"Finally, beloved, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is pleasing, whatever is commendable, if there is any excellence, and if there is anything worthy of praise, think about these things."**

### **IMPORTANT POINTS**

- ♥ ***Our thinking determines how we will experience the events of our lives. What we BELIEVE we will see, is what we see.***
  - ♥ ***Our thoughts take shape, develop and grow into form as we focus our attention on them and follow up with action.***
  - ♥ ***If we want to change our world we must first change our thoughts.***
  - ♥ ***We are not moved, changed and challenged by circumstances, rather we change and challenge circumstance by what we think and feel.***
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## 4th PRINCIPLE

Through affirmative prayer and meditation I connect with God and bring out the good in my life."

### BIBLE QUOTES THAT SUPPORT THIS PRINCIPLE

#### **Matthew 7:7-8**

"Ask, and it will be given you; search, and you will find; knock, and the door will be opened for you. For everyone who asks receives, and everyone who searches finds, and for everyone who knocks, the door will be opened."

#### **Phil 4:5-7**

"Let your gentleness be known to everyone. The Lord is near. Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Jesus Christ."

#### **Psalm 19:14**

"Let the words of my mouth and the meditation of my heart be acceptable to you, O Lord, my rock and my redeemer."

#### **Matthew 6:6**

"But whenever you pray, go into your room and shut the door and pray to your Father who is in secret; and your Father who sees in secret will reward you."

### IMPORTANT POINTS

- ♥ *Prayer is our effort to know more of God.*
- ♥ *Prayer is not something we do for God, but something we do for ourselves.*
- ♥ *The purpose of prayer is to lift us to a higher place in consciousness.*
- ♥ *Prayer changes us not any one else.*
- ♥ *Denials and Affirmations are the tools of prayer.*

## 5th PRINCIPLE

"I do and give my best by living the Truth I know.  
I make a difference."

### BIBLE QUOTES THAT SUPPORT THIS LESSON

#### **Deuteronomy 4:9**

"But take care and watch yourselves closely, so as neither to forget the things that your eyes have seen nor to let them slip from your mind all the days of your life; make them known to your children and your children's children."

#### **Deuteronomy 5:33**

"You must follow exactly the path that the Lord your God has commanded you, so that you may live, and that it may go well with you, and that you may live long in the land you are to possess."

#### **Matthew 5:16**

"In the same way, let your light shine before others, so that they may see your good works and give glory to your Father in heaven."

#### **Matthew 7:24**

"Everyone then who hears these words of mine and acts on them will be like a wise man who built his house on rock."

### IMPORTANT POINTS

- ♥ *The best way to remember the Truth we have discovered is to put it into practice.*
- ♥ *When we live the Principles we more easily move through our difficulties.*
- ♥ *When we live our lives in the best way we can, we become a light to others.*
- ♥ *Each time we make a Principle real in our lives it strengthens our Spirit and makes it easier to understand the lessons to come.*

# The Golden Rule across the World's Religions

## Thirteen Sacred Texts

### **Bahá'í Faith**

Lay not on any soul a load that you would not wish to be laid upon you, and desire not for anyone the things you would not desire for yourself.

*Bahá'u'lláh, Gleanings*



### **Buddhism**

Treat not others in ways that you yourself would find hurtful.

*The Buddha, Udana-Varga 5.18*



### **Christianity**

In everything, do to others as you would have them do to you; for this is the law and the prophets.

*Jesus, Matthew 7:12*



### **Confucianism**

One word which sums up the basis of all good conduct....loving-kindness. Do not do to others what you do not want done to yourself.

*Confucius, Analects 15.23*



### **Hinduism**

This is the sum of duty: do not do to others what would cause pain if done to you.

*Mahabharata 5:1517*



## Islam

Not one of you truly believes until you wish for others what you wish for yourself.

*The Prophet Muhammad, Hadith*



## Jainism

One should treat all creatures in the world as one would like to be treated.

*Mahavira, Sutrakritanga 1.11.33*



## Judaism

What is hateful to you, do not do to your neighbour. This is the whole Torah; all the rest is commentary. Go and learn it.

*Hillel, Talmud, Shabbath 31a*



## Native Spirituality

We are as much alive as we keep the earth alive.

*Chief Dan George*



## Sikhism

I am a stranger to no one; and no one is a stranger to me. Indeed, I am a friend to all.

*Guru Granth Sahib, p.1299*



## Taoism

Regard your neighbour's gain as your own gain and your neighbour's loss as your own loss.



## Unitarianism

We affirm and promote respect for the interdependent web of all existence of which we are a part.



### Unitarian principle

## Zoroastrianism

Do not do unto others whatever is injurious to yourself.



### Shayast-na-Shayast 13.29

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Bahai



Buddhism



Christianity



Confucianism



Hinduism



Islam



Jainism



Judaism



Shinto



Sikhism



Taoism



Zoroastrianism

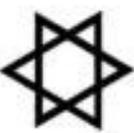
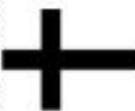
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# Religions Around The World

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L S L L O E U I D S O S D U M R I D S K K N D B  
N D I Q R R C J E I P G H Z Y S K V E K Q A J G  
K V E R K M Y I T A E K G B N M N G Z J M H X L  
C W J Q H B D C E C A S F D D Y A H W E H B T W  
L R H O Q C E I K L U J A T E H O G O V R U P G  
J Q A T F R S U I R B M W F Q D W G D A F R C P  
V F T D R A D U S L M I U A U D X T H C K H N U  
T I W U H V Z I S A S I B T Y M S M D L C C Q M  
P E S D I I L W H E Z V W K V Z A O R Z H A W D  
C E H V N H Y U E N J A J C T F G X H N R K T P  
R Y U O D S M A U A Q D M S K V T W D L I J O V  
B E Z H U X W Q M S I N A I C U F N O C S M O R  
B T R K I B K I H Y Q K T B M P H Q N H T L T Z  
F D W K S M R N M S D J I B Z S M A L S I G W S  
E B Q B M H P H A C M D S A M G E Y F Z A N V U  
J O U S M D K A H K E Y V R S X V I V B N F V I  
U N R D N G O L A H V F J N I H I M I V I S Q C  
D S O O D B A B R U A C B J H C S C J F T T P U  
A A X Z F H Y M B R V S E Q D M H I C D Y J V F  
I Q P Z Z Q A H A L L A D F D W N S Y V W J C N  
S Y N U A R Z S T Z X L J I U H U C O L K H P O  
M E R G S I Y I O Q K G B Y B M F B U V K F T C  
M P C B W T G Q V N Q I Q M G V K Y R Y P E G X

- |          |              |              |          |
|----------|--------------|--------------|----------|
| Rabbis   | Resurrection | Brahma       | Shiva    |
| Buddha   | Yahweh       | Allah        | Vishnu   |
| Bible    | Confucius    | Abraham      | Muhammad |
| God      | Jesus Christ | Confucianism | Islam    |
| Hinduism | Christianity | Buddhism     | Judaism  |

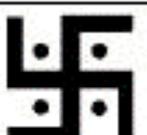
## World Religions Chart

Religion/ symbol	Followers/ numbers	Principal figure(s)	Sacred Writings	Beliefs	Where Begun	Place/Day of Worship	Other
<b>Judaism</b> 	<b>Jews</b> About 13 million followers	<b>Abraham</b> <b>Moses</b>	Torah  Hebrew Bible	<ul style="list-style-type: none"> <li>• One God</li> <li>• Observe 10 commandments</li> <li>• Keep the Sabbath</li> <li>• Messiah will come</li> </ul>	Middle East	Synagogue, Temple or Shul <b>Saturday</b> (begins sundown on Friday)	Hebrew Language Bar/Bat Mitzvah Fasting Candles in service Jerusalem important city
<b>Christianity</b> 	<b>Christians</b> About 2 billion followers	<b>Jesus</b> <b>Christ</b> Also recognizes Abraham & Moses	Bible  Old & New Testaments	<ul style="list-style-type: none"> <li>• One God</li> <li>• Jesus is the Son of God</li> <li>• Observe 10 commandments</li> <li>• Jesus is the Messiah</li> </ul>	Middle East	Church  <b>Sunday</b>	Latin Language Fasting Candles in service Baptism Communion Jerusalem important city
<b>Islam</b> 	<b>Muslims</b> Over 1 billion followers	<b>Muhammad</b> Also recognizes Abraham, Moses, and Jesus	Quran	<ul style="list-style-type: none"> <li>• One God</li> <li>• Five Pillars                             <ul style="list-style-type: none"> <li>-declare belief in 1 God</li> <li>-pray 5x daily</li> <li>-give alms to the poor</li> <li>-fast during Ramadan</li> <li>-Hajj or pilgrimage to Mecca</li> </ul> </li> </ul>	Middle East	Mosque  <b>Friday</b>	Arabic Language Religious attire for women Men & women worship separately at Mosque Mecca important city
<b>Hinduism</b> 	<b>Hindus</b> About 900 million followers	<b>The</b> <b>Aryans</b>	The Vedas	<ul style="list-style-type: none"> <li>• One God – many forms</li> <li>-Brahma</li> <li>-Vishnu</li> <li>-Shiva</li> <li>• Reincarnation</li> <li>• Karma &amp; Dharma</li> </ul>	<b>India</b> Indus River Valley	Temple (Mandir)  <b>Daily</b>	Sanskrit Language Fasting Oil Lamps Statues Varanasi important city Ganges River
<b>Buddhism</b> 	<b>Buddhists</b> About 330 million followers	Siddhartha Guatama (aka Buddha)	Tripitaka	<ul style="list-style-type: none"> <li>• Four Noble Truths</li> <li>• Eightfold Path</li> <li>• Karma</li> <li>• Rebirth</li> <li>• Dharma</li> <li>• Enlightenment</li> </ul>	<b>North- East India</b>	Temple (Stupa)  <b>Daily</b>	Candles Prayer wheels Prayer flags Statues Mandala or sand painting
<b>Sikhism</b> 	<b>Sikhs</b> About 25 million followers	<b>Guru</b> <b>Nanak</b>	Guru Granth Sahib	<b>The Five Virtues</b> (Truth, Compassion, Contentment, Humility, & Love)	<b>North- West India</b>	Gurdwara <small>(means gateway to the guru)</small>  <b>Daily</b>	<b>-Three Pillars</b> <small>(Meditation, self-actualization, community living)</small> <b>Avoid the Five Thieves</b> (lust, wrath, greed, attachment, & ego)

Name: \_\_\_\_\_ Date: \_\_\_\_\_ Class: \_\_\_\_\_

## Symbols and Their Belief Systems

Match each symbol to the belief system it represents.

Bahaism  
Buddhism  
Christianity  
Fetishism

Hinduism  
Islam  
Jainism  
Judaism

Neopaganism  
Shintoism  
Sikhism  
Taoism



# The Androclus and the Lion

O	A	W	H	O	W	E	V	E	R	H	N	E	U
I	A	S	I	C	K	D	K	S	I	U	R	N	Q
F	E	T	A	E	R	G	O	E	E	A	U	A	F
E	O	E	I	D	F	O	R	G	I	V	B	I	O
A	A	O	A	G	A	I	N	S	T	H	A	U	O
M	R	C	V	O	A	T	R	A	A	L	D	L	T
A	H	A	D	L	E	I	R	N	R	I	A	I	S
A	D	L	O	H	O	D	O	E	L	O	E	U	L
N	S	A	U	R	S	I	W	L	A	N	H	M	I
G	A	E	O	O	R	H	L	H	M	E	Y	L	H
R	L	H	S	O	I	I	L	S	E	P	O	O	R
Y	D	A	O	T	K	Q	U	I	T	E	W	I	A
C	R	D	L	E	U	R	C	F	G	E	T	O	S
I	I	U	N	S	H	O	U	L	D	E	R	I	G

HEAD  
 LAME  
 QUITE  
 AGAINST  
 HOLD  
 DIE  
 HID  
 SHOULDER  
 ROAR  
 SICK  
 GREAT  
 SLAVE  
 KILL  
 RUB  
 HOWEVER  
 ANGRY  
 FOOT  
 POOR  
 CRUEL  
 LION

Play this puzzle online at : <https://thewordsearch.com/puzzle/607211/>

# The 5Gs for your Soul Connection

 Don't lose your signal

