



Dear

Can you believe it is March already?! I hope you have been outside to enjoy some of the warmer weather we have had. It's even staying light out longer, which is my favorite time of year. My family loves staying up late while we watch the sunsets at Presque Isle. I especially like it when we get to share that with family and friends. This month, we are going to talk about **community**. Your community makes up all the people who live near you and includes your family and friends. Some people in our community are there to help us, like firefighters and police officers. Some are there to help us learn, such as teachers and librarians. A community can also be a group of people that come together for a specific purpose. I recently read a book about a whale who got lost and swam into a river that was far too shallow for him. Luckily, a group of people (or a community) came together to lead him back to the ocean. They named him Henry the Whale and with the help of his human friends, he was finally able to return home. This is why it is important to have community. We help one another.

How does it make you feel when you help someone? How does it feel when they help you? We can be kind to our friends to show them how much we care. You can even show your family how much you care. By putting your toys away or playing with a brother or sister when your parent needs to get something done, you are showing you can help out your community. Inside our packet this month, I am sending you a flower that you will put together. On each petal, write or draw one way you have helped your community or family. It could be as simple as picking up trash outside or something really big, like picking up trash at the beach. AND, if you could send me a picture of your flower when you are done, I would LOVE to see how you help your community. In addition, our very own little community will be having a Zoom get-together March 28 at 2 pm. This time, we're going to be having a scavenger hunt and I really hope you are able to join us. It should be lots of fun!

Until next time,

PS - If you would like to listen to the book I mentioned and see the REAL Henry, check out our RE page and click on the link!



Dear

This month, we're talking about vision. **Vision** is when you think about or plan the future with imagination or wisdom. A vision can help you work towards a goal that you want to achieve in the future. Renewable resources for energy, alternatives to meat, finding a way to reduce plastic and carbon dioxide in the air are all ways that humans are contributing to a vision of Earth that will be sustainable for future generations. There's also visions of a world in which all people are equal and valued for who they are. While we may differ on why or how to achieve these visions, I believe that these are good visions to have and would help create a world we want to live in.

Have you ever thought about a vision for the future? Maybe you've thought about what job you might like to have someday. Do you ever do things in your everyday life that contribute to your vision? What helps shape the vision you have for the future? As a UU, we are able to look to the 7 Principles to help guide us as we work toward our visions. For example, we know from the first principle that every person is important. Being kind to others and yourself, accepting others for who they are shows that you agree with and are following this principle in your daily life. The 7 Principles are there to guide you so that you are able to set an example for others. Who knows, maybe someday, they'll follow in your footsteps and help contribute to your vision.

I want you to know I have a vision for you. You and I (and your family) have a lot of influence in this world. We are lucky because we don't have to worry about food, we have houses to live in with electricity and running water and heat, and we have family that love and support us no matter what. We also live in a country that has not experienced a war on its soil for many, many years. My hope is that you learn to use your voice, talents and privilege to lead us as we continue to make this world into one that reflects our visions and our 7 Principles. I also hope that you keep in mind that our congregation and the greater UU community are here to support you as you go about shaping our world. While some of us may disagree on things from time to time (we are humans after all), you will discover opportunities and people that will help you as you grow. We are all in this together and things will only get better if we do all we can to make the changes we want to see.

Thinking of the vision and future, I found some resources online that will connect you to various groups of other kids who are working towards their visions of the future. I've also included a link to "YUUP!" which is the online community for UU youth. And lastly, I hope to see you at the end of the month on March 28<sup>th</sup> at 2pm. In the spirit of Easter, we will be having a Zoom scavenger hunt. Miss you all and hope you are looking forward to warmer weather like I am!

## ***Vision Board for YOUR Goals!***

In keeping with our theme of vision, I have included a tutorial for making a vision board. This is a great way to put some ideas down to help you achieve a goal you set for the future.

Why vision boards work

- They help you set and prioritize my goals, values, and intentions.
- Vision boards are fun to make and can be quite artistic/creative.
- The process of making a vision board helps plant your goals and intentions in your head – remember, the mind is a powerful tool!
- Seeing your vision board regularly—with images and words representing your goals, wishes, and values—helps remind you what you want to do, be, and have. It also helps you move towards those things, both consciously and unconsciously.

### **MATERIALS NEEDED**

Poster board  
Magazines  
Other images and text from artwork, old books, computer printouts, etc. (optional)  
Scissors  
Glue sticks  
Paper and pen  
Sharpies or other permanent markers (optional)

1. Set goals and prioritize

- Think about goals for now and the future - include big goals and little goals, intentions or how you want to act, values you want to make important in your life and words that inspire you.
- Review your list and decide what is **most important** to you and either circle them or create a new list.

2. Find images, quotes and words for the vision board

- Search for and cut out images and words that embody your goals and/or just speak to you.
- You can use magazines, mail, newspapers, images from the computer, coloring books, your own creativity – whatever you can think of to add ideas and images to your board.

3. Sort and arrange your pictures and words onto your board.

4. Edit and create your board. Trim around pictures or words, place and glue them down! Add your own doodles, words and sketches.

5. Display! Hang your board somewhere you'll see it and be reminded of frequently. It's a way to keep your goals and ideas fresh in your mind so you think of them often. Hopefully it will encourage you to stay on your path and help you become the person you want to be.

There are also tons of other ways to make a vision board to help inspire you throughout the year or while you work on a specific goal. You can make an accordion fold book, use cork board or a wall, clothespins and string, art journals – the possibilities are endless. I am adding a link online if you are looking for more inspiration.

## WHAT IS YOUR VISION?

Now it's your turn! I want to know what you wish for the future and something you've done to help contribute to your vision. For example, it could be something that you've volunteered for, a time that you spoke up for someone or a way you help your family. It doesn't have to be much, a couple sentences or a picture you draw to help inspire others and show how you contribute to our community. Once you send your vision back to me, I will use them to create a vision board to share with our congregation. I know how awesome you are and I want to share that with everyone! After you get done (you can use the bottom half of this sheet), just put it in the envelope I've included in your monthly packet and pop it in the mail!