

# SIX DAYS OF JOURNEYS OF THE SPIRIT ACTIVITIES

**Directions:** Print cards 2 sided on cardstock. Cut apart the cards along dotted lines. Read a card each day in the week following Sophia Fahs Sunday to extend faith formation and make connections in your community. The images on the back of the cards create a puzzle, too!  
Alternatively, you can post the activities to your congregation's social media or email list so all ages can participate and share reflections!

by Halcyon Westall. Inspired by 2013 Fahs Fellow, Karen Bellavance Grace. Read more at: [www.fullweekfaith.weebly.com](http://www.fullweekfaith.weebly.com)

## OTHERS HELP US

**Recognize that we are connected to many people and show gratitude.**

Who has helped you become who you are in the world today?

Try saying a gratitude grace before meals this week: Each person at the table says how someone helped them today, and how they helped someone today.

**Alternate Activity:** At bedtime say a list out loud or write down the names of people who helped you today and think about being thankful for their help.



## WE HELP OTHERS

**Make a difference in our communities and in ourselves.**

When you help others, you help yourself. This week find a way to help people in your community. You can volunteer at the animal shelter, buy nutritious food for a local food bank, clean up the beach, or visit a nursing home.

What other ideas can you think of with your family or friends?

Talk with your family about how it feels to help others.

Share what you did to help with your congregation.



## EXPLORE AND GROW

**We are on a journey of discovery about the universe we live in.**

Sophia Fahs loved science! Watching the video series, *Cosmos: A Space Time Odyssey* is a great way to learn about our universe.

**Alternate Activity:** Make a model of the expanding universe with a balloon and a permanent marker (ask for permission!) Use the marker to make several dots on a deflated balloon. Now, blow up the balloon halfway and notice what happens with the dots. Blow up the balloon all the way. The dots got further apart- just like our expanding universe!  
What does this make you think?



## MAKING CONNECTIONS

**We understand our lives by listening to others.**

Think back to the stories you heard at the Journeys of the Spirit service last Sunday. What story is still in your mind? If you could meet the storyteller, what would you ask them?

Imagine you are a reporter. What questions would you ask at an interview with that person? All the storytellers are Unitarian Universalists that you could meet someday! Ask someone in your congregation about their Journeys of the Spirit!

Write your own story that tells about being your true self.



## OUR EVERYDAY JOURNEY

**Every day is part of our spiritual journey.**

Draw a picture or take photographs of an actual journey you take this week. It could be a trip to school, to a friend's house, or a dream journey!

Share your journey pictures with someone and see if they can guess where you went without telling them. Did they guess correctly?

Even the small journeys we make are part of our big lives!



## IN THE BEGINNING

**Unitarian Universalists decide what is true for themselves.**

Sophia Fahs wrote and collected stories from many cultures about how the world began. Write or tell your own story about the beginnings of life for people, animals, the Earth, or the Universe.

How did we begin? What are we made of? You can use what you know from science or make up a story with your imagination.

Compare stories with your family members. Are they similar?



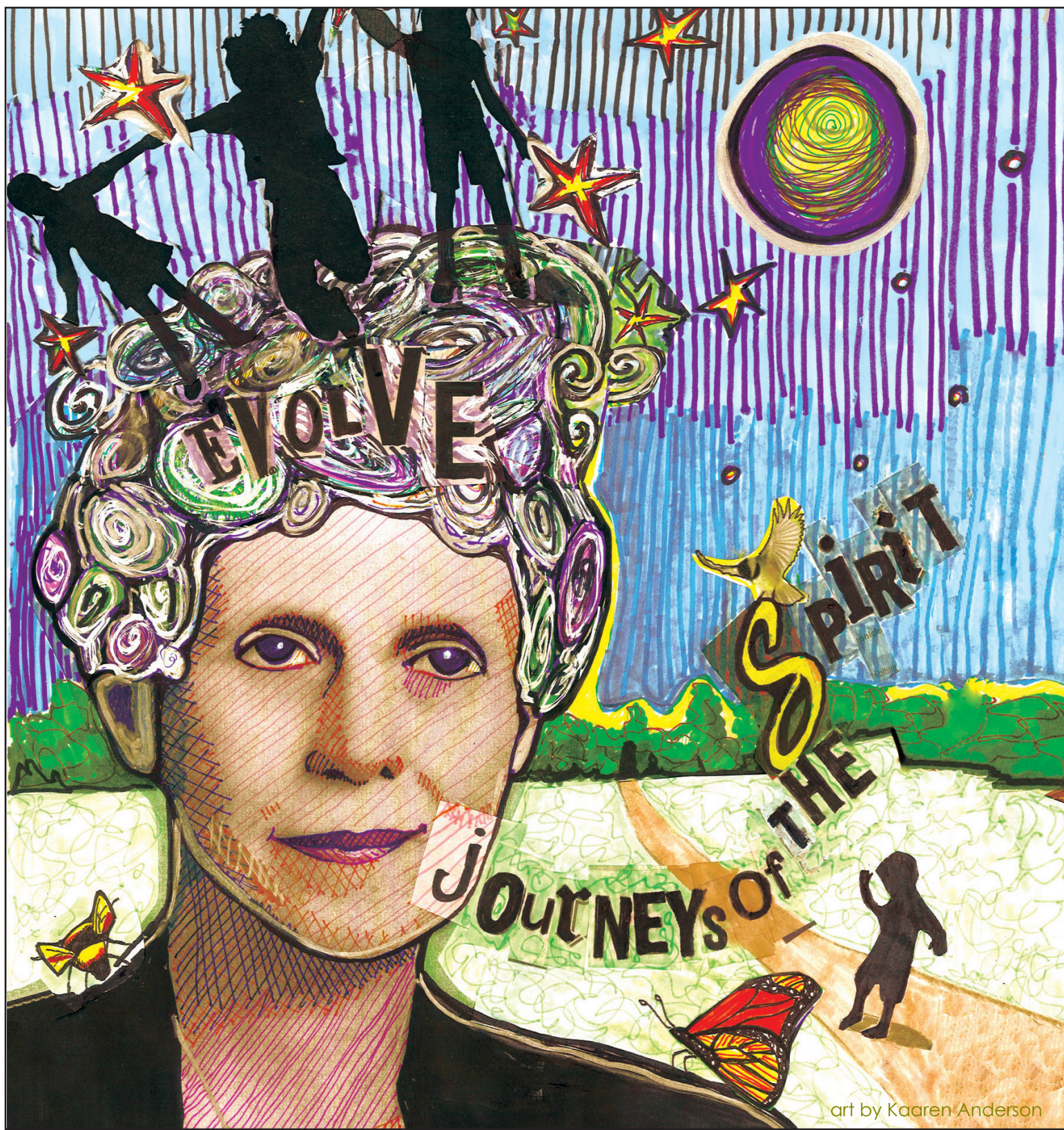


SOPHIA FAHS SUNDAY:

# JOURNEYS OF THE SPIRIT

## Puzzle Cards

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art by Kaaren Anderson