

Dear CUUF Member,

This week we continue on with our thresholds theme. This week we'll focus on growing up and all the different walks of life. This can be a fairly heavy subject, but I believe it's presented rather tame. Nostalgia, goals, retrospection, reflection, future orientation, all of these abstracts are apart of the era of adulthood. Children love to see their grown, as we all should, so let's take a session and bask in the wonder of what life can offer.

WonderBox

What's in the wonder box?

It's a tape measure.

We use it for measuring things. Do any of you have marks on a wall which shows how much you have grown?

Today, we reflect on another door of Threshold, our monthly theme. That is the Door of Growing Up. Growing up means crossing thresholds over and over. What thresholds take place this month? (graduations, COA (= Coming of Age), Bridging, summer, finishing one grade in school)

Does anyone have an older sibling who has finished Coming of Age or Bridging? What was it like?

What thresholds are you crossing this month? What ways of growing up are your children experiencing right now? Learning to read, going into summer, finishing their school grade, learning to ride a bike, what sports are they learning? Are they learning a musical instrument?

Meditation

May You Go Boldly

May you be brave enough to expose
your aching woundedness
and reveal your vulnerability.
May you speak your deepest truths,
knowing that they will change as you do.
May you sing the music within you,
composing your own melody,
playing your song with all your heart.
May you draw, paint, sculpt, and sew,
showing the world your vision.
May you write letters, poetry, biography,
slogans, graffiti, the great novel,
laying bare your words to love and hate.
May you love even though your heart
breaks again and again.
And until the end of your days,
may your life be filled
with possibilities and courage.

Follow up to the Meditation

Invite their responses to the meditation.

Story:

Oh The Place You'll Go

by Dr. Suess

(the full picture book can be found here for free)

<http://benavidez5thgrade.weebly.com/uploads/8/6/7/3/86734958/oh-the-places-youll-go-by-dr-seuss.pdf>

Additional Story: *Everyone has their own Story*

A young man in his twenties was seeing out from the train's window shouted...

"Father, look at the trees! They are going behind!"

The young man's father smiled at the man and a young couple sitting nearby, looked at the young man's childish comment with pity.

Suddenly, the young man exclaimed again.

"Father, look at the clouds! They are all running with us!"

The couple couldn't resist and said to the old man.

"Why don't you take your son to a good doctor?"

The old man smiled and said,

"We did and we are just coming from the hospital. My son was blind from birth and he just got his vision today."

Every person in the world has a story. Don't judge people before you truly know them. The truth might surprise you.

Activities:

Measuring How Tall They Are

Create a measuring wall to show how tall each child is, a taped strip of paper on the wall. Mark each child's height with their name (and age, optional.) Add decor on the edges of pictures of plants and flowers.

Growing Up in the Congregation

Introduce the children to your programs which mark transitions of growing up

- Coming of Age
- Bridging into Adulthood
- Weddings
- Child Dedications
- Memorials

What props can you share? Look at and feel the stones the COAers receive, walk the bridge for Bridgers, eat Jordan almonds for Weddings, a rose for Child Dedications, grandpa's favorite candy, Snickers Bars, served at his memorial service, or [Pachelbel's Canon](#) or [Psalm 23](#) to share. (Some of the most requested music for weddings and Memorials and reading at a Memorial Service.)

Have they ever created a service for a pet who has died, or a way to celebrate a Growing Up Door? What was it like?

Alternate Activity: Share your experiences of turning 18, graduating, getting your first job, learning to ride a bike, and so forth. This is a great opportunity to connect with your child in this way.

Sunshine - connection to Nature, outdoors, or movement

Observe the way the natural world has cycles of transitions and growing up. Are there insects and butterflies? How have they grown up? How about new plants or new growth on trees?
Service

Add the heights of other family members, including adults to the Growing Wall.