

Happy July, families!

Since we don't get to see each other in passing at the Meetinghouse this summer, we thought we would send a little Spiritual Care Package to stay connected. Our first package focuses on growing. We have several activities with a variety of age levels in mind. We hope you enjoy them and that you're having a wonderful summer!

Love & light,
Children's Religious Ed

Planting Seeds

Your packet includes some seeds for you to plant in a pot or outside! They should grow pretty quickly. Here are some questions to think about as you watch them grow:

- Plants change a lot as they grow. How does your plant change as it grows? How have you changed as you've grown? Think about how you have changed on the outside and on the inside.
- Once they grow and bloom, every plant is different – yours will not look exactly like the picture on the package. How is your plant unique? How are you unique?
- A seed is pretty amazing; it's a tiny, boring-looking thing but a whole, colorful plant can grow out of it. What other kinds of surprises does nature have for us?
- Plants need soil, light, and water to grow. But these things just set the stage; what do you think makes the plant grow?



Thoughts about Seeds to Consider

Again he began to teach beside the sea. And a very large crowd gathered about him, so that he got into a boat and sat in it on the sea, and the whole crowd was beside the sea on the land. And he was teaching them many things in parables, and in his teaching he said to them: "Listen! Behold, a sower went out to sow. And as he sowed, some seed fell along the path, and the birds came and devoured it. Other seed fell on rocky ground, where it did not have much soil, and immediately it sprang up, since it had no depth of soil. And when the sun rose, it was scorched, and since it had no root, it withered away. Other seed fell among thorns, and the thorns grew up and choked it, and it yielded no grain. And other seeds fell into good soil and produced grain, growing up and increasing and yielding thirtyfold and sixtyfold and a hundredfold." And he said, "He who has ears to hear, let him hear."

- The Parable of the Sower

If you have the chance to be exposed to a loving, understanding environment where the seed of compassion, loving kindness, can be watered every day, then you become a more loving person.

- Thich Nhat Hanh

Deep in their roots, all flowers keep the light.

- Theodore Roethke

Nature cannot be regarded as something separate from ourselves or as a mere setting in which we live. We are part of nature, included in it and thus in constant interaction with it.

- Pope Francis

He set another parable before them, saying, "The Kingdom of Heaven is like a grain of mustard seed, which a man took, and sowed in his field; which indeed is smaller than all seeds. But when it is grown, it is greater than the herbs, and becomes a tree, so that the birds of the air come and lodge in its branches."

- Matthew 13:31–32, World English Bible