

SELF-EXPRESSION

Getting to Know Me

God is all. All there is, is the manifestation of the self-knowingness of God.

Our life is eternal, continual, and forever expanding.

Life is eternally good, eternally loving, and eternally giving. We depend on this.

Spiritual Truth

Self-knowingness

"The journey of a thousand miles begins with one step" (Lao Tzu, Tao De Ching).

In each stage of a person's spiritual development, there is an unfolding much like a rose. As we open to knowing ourselves in a deeper way, more of the Truth of who we are is revealed. In learning to function in the world of "effects," though, we may start "believing" that who we are is in relationship to the world around us. Often we use the people who matter most as mirrors into what we may believe is our own soul. When we rely on "other's" opinion to form our beliefs about ourselves, we may develop erroneous views of who we are. Yet it is in these beliefs that we have the opportunity to reconnect with our own "inner compass" to direct us to the Truth of who we are: Perfect individualizations of God.

Circle In

Community Spiritual Practice (prayer and ritual)

Reading

Becoming Me: A Story of Creation by Martin Boroson

Discussion

- Who is telling this story?
- What do you think God looks like?
- Does God just want to have fun?
- Show us how big God's Love is in you

(Optional: additional discussion)

ActivityJournal-making

Purpose: so that the children can participate in the spiritual practice of journaling

Before class

- Make cups of glue with cotton swabs in them

In-class activity

- Have children glue decorative items to their journals (alternative: children can use stickers and markers to personalize their journals)
- Put each child's name on his/her journal and keep them in a place where the children can easily access them throughout the month
- Either take pictures of the children (optional), or have parents bring pictures in to put on the journal cover.

Music

"Head and Shoulders" by Nancy and John Cassidy

(Each body part is touched as it is named)

Head and shoulders, knees and toes, knees and toes,
Head and shoulders, knees and toes, knees and toes,
And eyes and ears and mouth and nose,
Head and shoulders, knees and toes, knees and toes.

Ankles, elbows, feet and seat, feet and seat,
Ankles, elbows, feet and seat, feet and seat,
And hair and hips and chin and cheeks,
Ankles, elbows, feet and seat, feet and seat.

Spiritual PracticeJournaling

- Have children keep their journals at church for the month and color or write (or dictate to an adult what to write) in them.
- At the end of the month, they can take them home.

ConnectingGetting to Know Me

Purpose: have children share their unique characteristics and get to know each other

- Have children sit in a circle

- Show them how the tape recorder will record their voices
- Go around the circle and have each child answer three questions (for example: What is your favorite ice cream? What do you and God talk about? What will you be for Halloween?)
- When everyone has had a turn, play it back and let the kids guess who was talking

Circle Out

Closing ritual

Materials Needed

- Book: Becoming Me: A Story of Creation by Martin Boroson
 - Additional discussion: <http://becomingme.com/bookgroups.html#who>
- Activity: Journal-making
 - Spiral notebooks or journals (depending on your class size, you may want to purchase extra ones so that new children who come throughout the month can be included)
 - Suggested source: "The Book About Me!" Journal Craft Kit, item IN-48/3632, from Oriental Trading Company (<http://www.orientaltrading.com/>)
 - Glue
 - Small disposable cups
 - Cotton swabs
 - Decorative items: foam pieces, small buttons, stones, shells, string or ribbon
 - Alternative: stickers and markers
 - Optional: camera
- Music: "Head and Shoulders" by Nancy and John Cassidy
- Spiritual Practice: Journaling
 - See Journal-making activity
- Connecting: Getting to Know Me
 - Tape recorder
 - Cassette tape

References

- Motivational & Inspirational Corner. http://motivational-inspirational-corner.com/motivational_inspirational_quotes.html (accessed 6/24/2008).
- Boroson, Martin. (2000). Becoming Me: A Story of Creation. Skylight Paths Publishing. Illustrated by Christopher Gilvan-Cartwright.
- Boroson, Martin. (2004) "Reading Group Guide." <http://becomingme.com/bookgroups.html#who> (accessed 7/22/2008).
- Cassidy, Nancy, and John Cassidy. "Head and Shoulders." Available on:
 - The Book of Kids Songs: A Holler-Along Handbook. Nancy and John Cassidy. (2007)
- "Getting to Know Me" activity created by Debbie Sztain, RScP.