

Spiritual  
Family  
Newsletter  
TOPICS AT A GLANCE



WAYS TO STAY  
CONNECTED  
UPSTANDING



THE ELECTION  
CULTURE  
OUR VALUES



SHARED REFLECTIVE  
PRACTICES  
SONGS FOR THE FAMILY

# EPIPHANY(S) FOR KIDS



## I see you on Facebook

**It seems that this week has been harder than ever. to stay positive .** Everywhere we look there seem to be more reasons to be fearful, and rightfully so. Amid the posts on candidacy nominations, acts of hate, and calls for “unity”, it is important that we infuse our children with both the facts and hope, a tricky balance. This week I am hoping to offer ways to support you in that effort.

What does it mean  
to be an  
upstander?

## Ways to Stay Connected

1. Look up the world “upstander” as a family come up with your own definition and a list of ways your child could be an upstander at school or in their communities.
2. Watch some Kid President videos as a family! He’s fun and shares meaningful messages. <http://kidpresident.com/>
3. Consider donating to a local food pantry for those in need, or stop by most grocery stores and purchase a thanksgiving meal(I think most stores do this now), make an outing to pick out all the items.
4. Take a moment as a family what it means that Chicago will be a “Sanctuary City” What does it mean to provide sanctuary? Stories of the lepers and how Jesus went into their communities might be a useful way to connect it to our faith.

## Identifying Our Values

Below you will find an outline for an short family activity to assist you in identifying your values as a family.

**You will need:** large piece of paper, markers pen or other fun drawing materials,tape

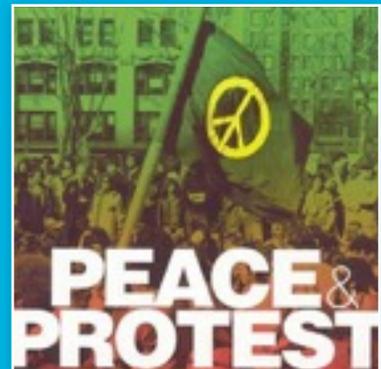
**Directions:** First define what a “value” is- that it is something which is important to individual, something they act upon. As a family write out a list of your top 10 values. First read Luke 10:27 as a family, and guide your children in identifying Jesus’s most important value. Then each family member contribute one value they have and why they believe it matters, writing each one down on a large paper which will be hung somewhere in the home. Keep going until you reach 10 different traits.

**Significance:** Too often we let what is most important go unsaid, we assume that it is explicit through our actions, but we miss the opportunity to tell our children EXACTLY why it is we want to be generous or empathetic .

**Modifications for Older Teens:** Consider the Safety Pin idea which has been circling in the past few days. Here are two opposing sides to the issue . Don’t try to find an answer, instead live inside the ambiguity. There are tough questions ahead, and we cannot keep ourselves content through simple answers.

<http://www.huffingtonpost.com/entry/safety-pin->

### Shared Reflective Practice



Click [here](#) to go to Peter, Paul, and Mary singing “If I had a hammer”. Take the chance to sing it as a family, and talk about the important that singing songs of love, justice, and protest have had both as Christians, and in this country. One Tin Soldier is also a great song for older students, and Blowin’ In the Wind. Hook up your TV to youtube and take a 20 minute family song break!

**trump-brexit\_us\_58251b53e4b0c4b63b0c11a9**

and

**<https://medium.com/@Femfefeministe/your-safety-pins-are-not-enough-6d21aa94f26d#.1tih9d401>**