

**A Weekly** Workbook to practice service to others.

Share your

experiences with

other UUFD kids on



**Simple service** projects for kids of all ages!

Many projects are coordinated with UUFD adult social justice.

### THE UNITARIAN UNIVERSALIST **FELLOWSHIP OF DURANGO**

**Earn points each** week!

Your service will be honored at a worship service in the fall!

# Summer of Service at UUFD

## Dear Parents...

### Welcome to Summer of Service at UUFD.

This workbook includes simple weekly projects that help your children learn the joy of service. When asked that inevitable question on the playground, "What do Unitarian Universalists believe?," they will be able to reply that UUs believe "Service is Our Prayer." We put legs on our faith, living our principles out in the world.

### **Multi-platform Learning**

It's been quite a year. And we miss each other. But while closing our in-person programs was a simple and fast decision, re-opening will take a LOT more time, study and discernment. We need to continue to protect our most vulnerable while honoring that, well, we MISS EACH OTHER.

Multi-platform programming allows us to offer in-person, virtual and home based faith formation.

**Home Based**: Our simple weekly projects provide ways for your child to learn how to help others. Each week we will learn a little about who we are serving, and use our hands, hearts and creativity to make that week just a little better for those we serve.

**Virtual**: Each Sunday, we'll gather on Zoom, talk about what we have done, play a few games, and have fun together!

**In-Person**: On June 13 and August 22, we will gather in person on the playground for in-person classes.

### **How It Works**

Each week, invite your child to turn to that week's page. Look over the simple activities in the colored boxes. Learn a bit about who we will be serving that week, and look over the simple activities.

Each activity block your child completes earns them one point. Complete ALL the activities for the week and earn an additional four points. Up to ten points can be earned for the week.

Your kids will be recognized for their service at an upcoming fall worship service.

### Wanna Work Together?

Are there other UUFD families in your pod? Know how to gather together safely? You are welcome to join with other UUFD families at the park, in each other's yards or on the hiking trail.

## Project Calendar

- May 30 Service to Fallen Service Members
- June 6 Service to Foster Children
- June 13 Service to the Earth
- June 20 Service to Our Fathers
- June 27 Service to Wildlife
- July 4 Service to Our Nation
- July 11 Service to Our Immigrant Neighbors
- July 18 Service to our Fellowship: Part One
- July 27 Service to the Underhoused: Part One
- Aug 1 Colorado Day, Service to Our State
- Aug 8 Service to... YOU CHOOSE Lemon Aid
- Aug 15 Service to our Fellowship: Part Two
- Aug 22 Service for Gender Equity
- Aug 29 Service to the Underhoused: Part Two
- Sept 5 No Faith Formation

Earn one point for completing each activity block. Earn an additional four points for

## READ: WHAT IS MEMORIAL DAY?

Memorial Day (once called Decoration Day) is a holiday in the United States for honoring and grieving military soldiers who have died while serving in the United States Armed Forces. Many people visit cemeteries and memorials on Memorial Day to place American flags on graves of fallen soldiers.

### LEARN:FAMILY HISTORY

WEEK OF MAY 30: HONORING SERVICE MEMBERS

> Ask your parents about people in your family that served in the military. Learn their names and stories. Write their names, stories or draw their picture in the boxes below.

### WRITE: ABOUT MY FAMILY MEMBER

#### DRAW: MY FAMILY MEMBER IN THE SERVICE

Use a seperate sheet of paper, or make it a mini!

### **COLOR: THE FLAG**

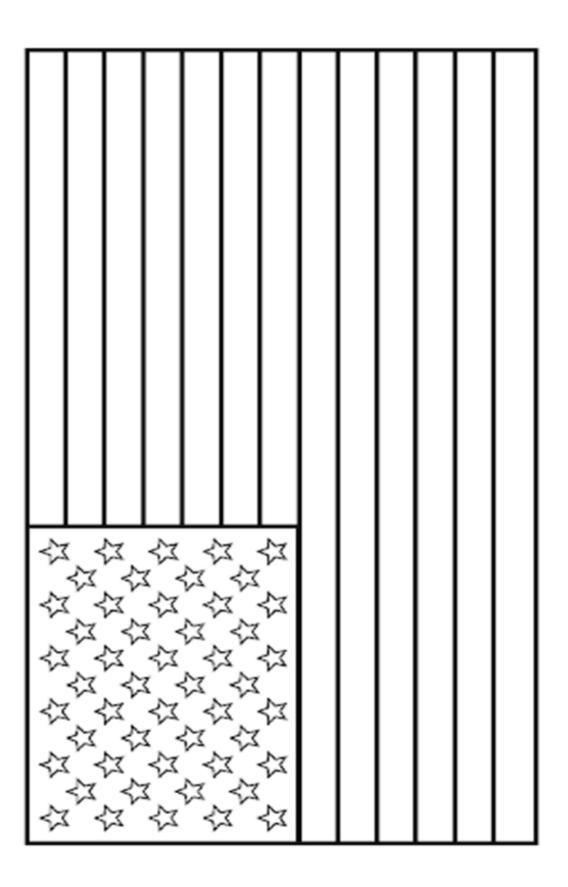
Color the flag on the next page.

### **DECORATE: A GRAVE**

Cut out the flag and place the flag on a soldier's grave.







### WEEK OF JUNE 6: SERVING FOSTER CHILDREN

Earn one point for complete activity block. Earn an additional four activity blocks

## 

### READ: WHO ARE FOSTER CHILDREN?

Foster care is a temporary living situation for children whose parents cannot take care of them. While in foster care, children may live with relatives, with foster families, or in group facilities.

Learn more about foster care at https://kidsmatterinc.org/get-help/forfamilies/talking-to-kids-about-foster-care

### LEARN: HOW CAN I HELP?

It can be very hard for a foster child to leave their family. Children will often feel sad or scared. We can help by showing that we understand, and that we care.

### MAKE:

Make cuddly stuffies to comfort foster children. To help, send an email to faithformation@durangouu.org and

we will send along the supplies.

### **DONATE:**

Donate stuffies and other comfort toys. You can make one yourself or buy one. Contact Bonnie Miller with the UUFD Social Responsibility and Justice Team at yjmiller2@gmail.com for information about where to bring donations.

### **RECRUIT:**

Can you find an adult to help our new foster child backpack team? Contact Bonnie Miller at yjmiller@gmail.com.

### **FREE BOX**

Did you complete the RECRUIT box above? Get this box FREE and add an additional point.



## WEEK OF JUNE 13: SERVING THE EARTH

Earn one point for completing of activity block. Earn an additional four activity block for completing all the blocks for this week.

#### READ: WHAT IS FLOWER COMMUNION?

Flower communion is a Unitarian Universalist ritual that usually takes place in the Spring. Each person brings a flower to the worship service, places it into a basket, and later in the service selects a different flower to take home. The ritual celebrates the beautiful uniquness of us all.

### **GROW: SEEDLING**

Remember when Cara sent you seeds, pots and potting materials? Did you start the seedling? GREAT! Wait. You didn't?! Get them started right away!

### PLANT: SEEDLINGS

Make sure to put your seedling into a bigger pot or into your family garden.

#### PARTICIPATE: FLOWER COMMMUNION

Come to the fellowship on Sunday June 13. Make sure that everyone in your family has a flower to contribute.

### **COLOR THE FLOWER**

Color the flowers on the next page.

### FREE SPACE!

Did you do the first five things? You did?! Good job - check this box for a free point.

I DID IT ALL!		
DATE		



Earn one point for completing each activity block. Earn an additional four points for completing all the blocks for this week

### WEEK OF JUNE 20: SERVING OUR FATHERS



### LEARN: THE HISTORY OF FATHER'S DAY

The original Father's Day was created by Sonora Dodd in Spokane, Washington on June 19, 1910. Sonora and her five siblings were raised by their single-parent dad. Since there was a Mother's Day, she thought there should be a day to honor fathers. In 1916, President Woodrow Wilson visited Spokane and spoke at the Father's Day celebration. He wanted to make the day an official US holiday, but Congress did not agree. It wasn't until 1972 that President Richard Nixon signed it into law and the holiday became official.

### **DO: A CHORE FOR DAD**

Does your dad take out the garbage? Does he make his bed every day? How about walking the dog or cleaning the cat box? Can you take over one of his chores as a Father's Day gift?

### PLAN: TIME WITH DAD

Find some time when you and your dad can spend some time alone. Take a walk, throw a ball or weed the garden together – just the two of you!

#### **TELL: A JOKE FOR DAD**

What do you call cheese that is not yours? Nacho cheese!

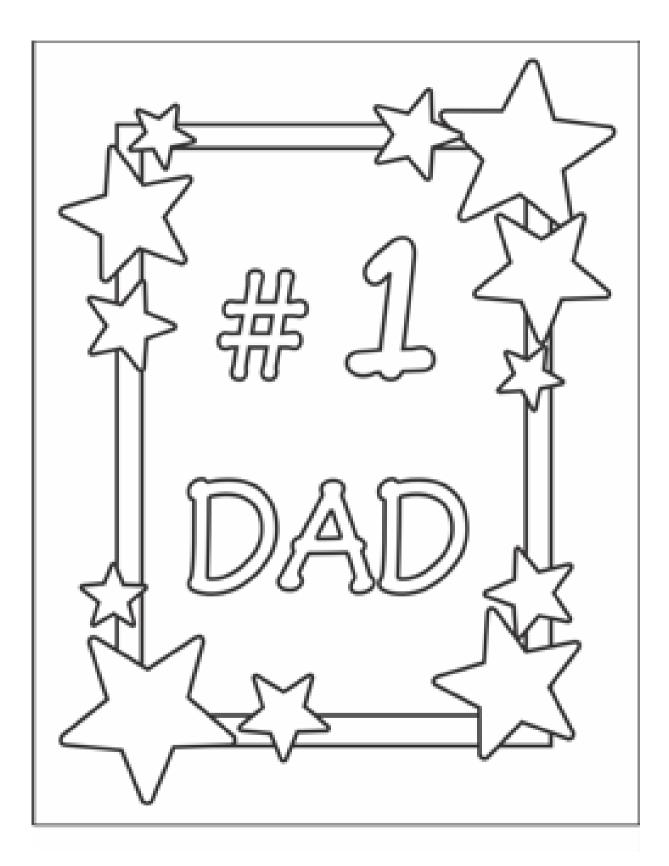
### MAKE: A CARD FOR DAD

Use the next page to make a Father's Day card. Or use other supplies you have at home. Homemade cards from kids are the most precious to dad!

### DAD \infty LIBS

On Father's Day and every day, I am thankful
for my and dad!
He has hair and eyes.
He's feet tall and he's as strong
as a My dad is more handsome
than a and he smells like
a He can better than
anybody. My dad taught me how to
and, and he gives the best hugs and
PLURAL NOUN. My dad is so that it's
hard to decide what to get him for Father's Day
Maybe a to wear around his
BODY PART ? A new mug? Or
maybe some tickets to a game?
Whatever we do to celebrate, I can't wait to
shout, "HAPPY FATHER'S DAY,
TO THEEST DAD EVER!"

I DID IT ALL !! DATE\_\_\_\_\_



Earn one point for completing each activity block. Earn an additional four points for

### WEEK OF JUNE 27: SERVING OUR WILDLIFE



## READ:WHAT IS AMERICAN EAGLE DAY?

Each year on June 20th, National American Eagle Day honors the symbol of our nation, the Bald Eagle. It was started to help people understand the need to protect the Bald Eagle. The day also encourages the cleaning up of their natural environments. The Bald Eagle almost disappeared in the U.S. But the birds have recovered thanks to help from people who care. In June of 2007, as the birds continued to thrive, the Eagle was withdrawn from the List of Endangered and Threatened Wildlife.

#### UNDERSTAND: FAMILY STORIES

When did your parents first learn about the importance of keeping the environment healthy? How have they helped? Ask them to share their stories.

### DOT TO DOT: WHAT IS IT?

Complete the dot-to-dot on the next page.

#### **CREATE: TRASH TO TREASURE**

Create some art from trash!

### LEARN:WHY DID EAGLES BEGIN TO DIE OFF YEARS AGO?

The rivers and streams where eagles lived and fished became dirty with trash and pollutants. There was once a chemical called DDT that was used on farms to kill pests. The chemical washed into rivers and lakes and killed the eagles. The chemical was banned and now the eagle population is protected, healthy, and growing.

### **HELP: RIVER CLEAN UP**

Grab some bags, gloves and parents and head on down to the Animas River to clean up trash.

I DID IT ALL !!

DATE



Earn one point for completing each activity block. Earn an addiitional four oints for completing all the blocks for this week

### WEEK OF JULY 4: SERVING OUR NATION



### **READ:VOTING AS A RIGHT**

An important part of the United States government is the right of every person over the age of 18 to vote. Voting is not only a right, but a privilege and a responsibility. When the U.S. government was first formed, only white men over the age of 21 were allowed to vote. This was changed over the years to include everyone regardless of race or gender. Today, anyone who is a citizen and is over the age of 18 can vote. It's important that each person vote and get their voice to be heard. It is important for democracy and for our country that people get to have their say and place their votes.

### **VOTE: FAMILY POLL**

Get your family together and vote on what to watch, eat, or do on Sunday. Ask everyone in your family for an idea. Then vote on each idea. Talk about having a tie-breaker. When an even number of people vote , sometimes there will be a tie. Two of us want to eat spaghetti for dinner and two of us want to eat veggies and rice. How should we decide what to do?

### DO: ASK ABOUT REGISTRATION

Ask five adults if they are registered to vote.

### ASK: WHY SHOULD WE VOTE?

Voting can help us make a fair decision about what to do when we don't agree. Think of a time when taking a vote might help. What could you vote on with your friends? What could we vote on as a family? How do we make sure the vote is fair?

### **DISCUSS: LEADERSHIP**

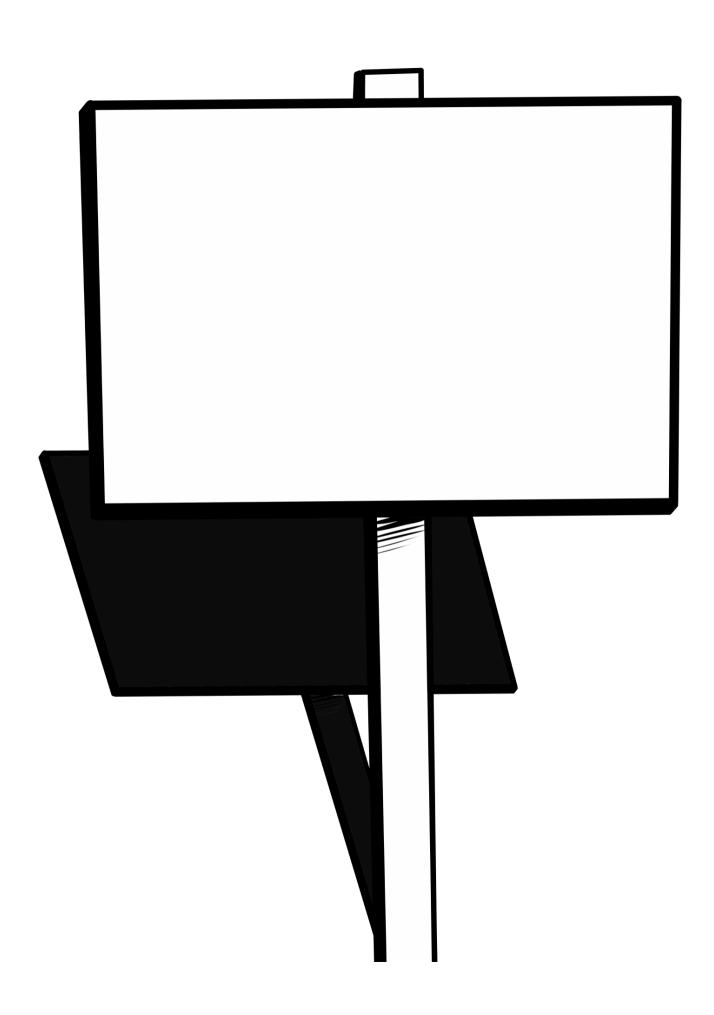
Elections are a way to choose people to lead our government. The people we elect to serve in government make rules and decide how to spend money we all pay in taxes. We vote for people who we believe would be good at making rules and decisions. Ask your parents about what leaders they support, and why.

#### DO: MAKE A SIGN

What do you care about? Make a door or lawn sign to share your concerns with your neighbors. Use the next page to start.

S THIS

	POINT
I DID IT ALL !!	
DATE	



arn one point for completing each activity block. Earn an additional four points for completing all the blocks for this week.

### WEEK OF JULY 11 SERVICE TO OUR IMMIGRANT NEIGHBORS

### READ: WHO ARE IMMIGRANTS?

Immigrants are people who came to the United States from other countries. Unless your family is a member of a Native American tribe, they are considered immigrants to the U.S. Immigrants came to the U.S from many places at many times in the nation's history, usually because they wanted better lives. Right now, many people from Central and South America are trying to immigrate to the U.S.

WRITE: WHAT COUNTRIES DID MY FAMILY COME TO THE USA FROM?

### LEARN:FAMILY HISTORY

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Ask your parents where the people in your family came from. Does your family include native people?

### DRAW: MY IMMIGRANT FAMILY MEMBER

### **HELP: UNICEF**

This organization is dedicated to helping children around the globe have a fair chance for success. They focus on refugees and other children. Collect coins for UNICEF. Bring them to UUFD.

### **FREE BOX!**

Add an extra point!

### I DID IT ALL !!

Earn one point for completing each activity block. Earn an additional four points for completing all the blocks for this week

## WEEK OF JULY 18: SERVICE TO OUR FELLOWSHIP

## READ: WHAT IS THE UUFD CARING TEAM?

Our fellowship has a team of seven people that help people in our fellowship. This is called the Caring Team. The team visits or calls people that need support, sends cards and food to let them know that we care!

### **IDEAS: CARING**

List five ways to let a person know you care about them.

 1.

 2.

 3.

 4.

 5.

### DISCUSS: WHY CARING MATTERS

Talk to your parent (s) about caring. We call our fellowship a Beloved Community. That means that we are a group of people who work to be the best people we can be. And being our best includes taking care of each other. If one of us gets sick, other people in the fellowship help. They let them know that they are cared for. That may mean sending a card, giving them a ride to the doctor or bringing them a meal.

### **DO: MAKE A FLOWER**

Use the next page to make paper flowers. Send them to Susan (see above) for delivery to people in our fellowship who need cared for.

### **DO: MAKE A CARD**

Make a card to give to the Caring Team member,Susan Koonce, 26 Coalbank Dr, Unit A Durango, Colorado, 81301. She will send it to people who need some cheering up!

### HELPERS: FIND THE CARING TEAM

On Sunday look in your zoom screen for The Butlers, Burt Colemen, Sue Eberhart, Lynn Griffith, Susan Kooce and Liza Tregillus. How many did you find? \_\_\_\_\_

I DID IT ALL !! DATE



Earn one point for completing each activity block. Earn an additional four points for completing all the blocks for this week

### WEEK OF JULY 27: SERVING THE UNDERHOUSED - PART 1

## READ: WHO ARE THE UNDERHOUSED?

Most people who live in the United States of America have a home. They live just like we do, in houses or apartments. They have plenty of food to eat and a warm bed to sleep in. But not everybody is like us - some people don't have homes. These people are homeless, or underhoused. When someone is homeless, they might live outside on the streets or in a shelter with lots of other people. They don't have a place to put all of their belongings, so they must carry everything with them in big bags or in a suitcase. Many homeless people do not have enough money for food or new clothes, and they are often very hungry.

### LEARN:WHY ARE PEOPLE HOMELESS?

There are lots of reasons why people are homeless. Most of the time, a person is homeless because they do not have enough money to pay for a home. They might work very hard every day of the week and still not have the money to pay for a place for them to live. Some homeless people have families so they have to take care of their children too, and that can cost a lot of money. Some homeless people have a disability so they can't take care of themselves or work and make money. Some people are homeless just for a little while; others are homeless for a much longer time, maybe even their whole life.

**POINTS THIS** 

WEEK:

#### **SPEAK UP: WRITE YOUR REPRESENTATIVE**

Write a letter or draw a picture for Senator Hickenlooper. You may use the next page if you wish. Mail it to 329 South Camino del Rio Suite I, Durango, CO 81303.

### **DONATE: FOOD**

Take perisable food to people who need it. Drop off food at the home of Bonnie Miller. Contact her at yjmiller2@gmail.com.

#### WRITE OR DRAW

Write a note or draw a picture to go along with food or items that you donate. You may use the coloring page provided.



# Dear Sen. Hickenlooper,

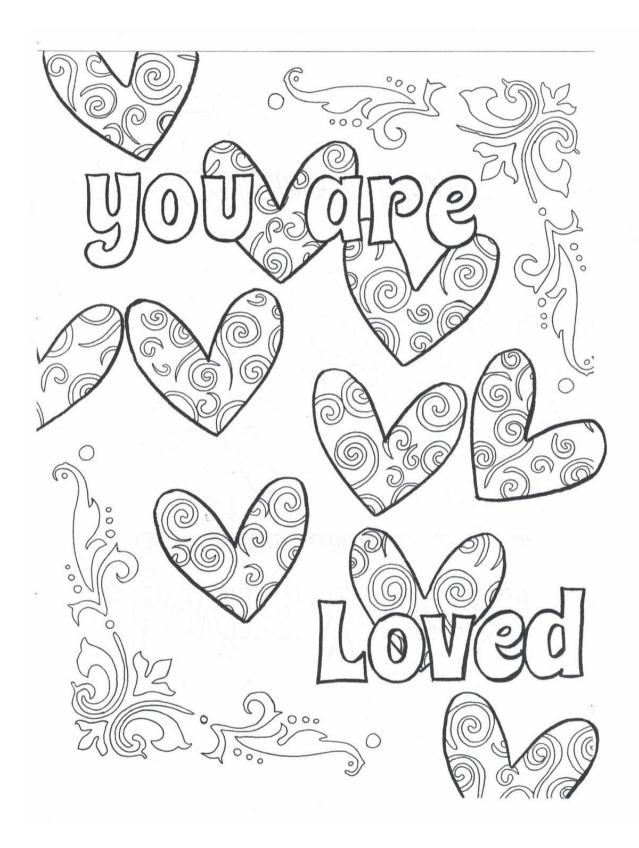
My name is \_\_\_\_\_\_. I am \_\_\_\_\_\_ years old.

I am learning about helping underhoused and homeless people through my congregation, the Unitarian Universalist Fellowship of Durango.

Can you please tell me what you are doing to help homeless people in our country?

Please write me back at my address:

Thank you!



Earn one point for completing each activity block. Earn an additional four points for completing all the blocks for this week

### WEEK OF AUG 1: SERVICE TO OUR STATE -COLORADO DAY

### READ: WHAT IS COLORADO DAY?

The human history of Colorado extends back more than 14,000 years. The region that is today the state of Colorado was first inhabited by Native American people. The state of Colorado became a part of the United States on August 1, 1876. President Ulysses S. Grant signed a proclamation admitting Colorado as a state. Colorado Day is celebrated as a state holiday on August 1. Women won the right to vote in Colorado on November 7, 1893.

### **UNDERSTAND: THE FLAG**

The flag of Colorado was adopted on June 5, 1911. It has 3 stripes. The outer two stripes are blue, and the center stripe is white. The white stripe is for the white snow-capped mountains of the state. The blue is for the clear blue skies of Colorado. In the center there is a circular red C . The red represents the color of much of the state's soil. In the center of the "C" is a golden disk. The golden color represents the abundant sunshine enjoyed by Coloradans.

### MATH!

Colorado became a state in 1876. How old is it?

### COLOR

The state flower is the columbine. Color a picture of one on the next page.

### DO: SUPPORT YOUR STATE!

Go to a state park, they are free today! Explore the summits and valleys of Colorado. Help your state by bringing a bag with you and a pair of gloves to pick up any garbage you may find along the way.

### **VISIT: MESA VERDE**

Have you been to Mesa Verde? Great! You can check this off right now. Isn't is amazing? If you have not been there, ask your family to take you there to learn about the ancient people who lived in Colorado.





Earn one point for completing each activity block. Earn an additional four points for completing all the block for this work

### READ: LEMON AID

A few years ago, two young boys were very concerned about the people in Yemen, a poor country in the Middle East. There was a war there. And they had relatives there. The boys wanted to help their families and other families and children in that country. They created a lemonade stand and gave all the money that they earned to an organization that helped families suffering in Yemen. What do you think of this idea? Would you like to try it?

### **DO: SET UP YOUR STAND**

Ask your parent(s) to help you find a table you can use for your lemonade stand. Ask them to (please) take you to the store to buy lemonade and cups. Think about a price for your lemonade... 50 cents? A dollar? \$1.50? Then pick a day and a time period to host your lemon aid stand in front of your house. Be sure to tell your customers where the money will be going.

### **DO: WRITE A STORY!**

Where was your lemon aid stand located? How many people came by? What was it like to run a lemonade stand to raise money for others? Did you have lots of customers? How much money did you raise? Write this into an article for the UUFD newsletter and sent it to Shanan Orndorff at shananyo@gmail.com by August 25.

# EXPLORE: WHO WILL YOU HELP?

8:

What do you care about most? Yes, you! Homeless or hungry people, children who need help to see a doctor? Abused dogs and cats? This week you will choose a cause that you feel strongly about. Ask your parent(s) to help you research an organization that helps with that cause. Then plan to take the money you raise to that organization. Learn as much as you can! You will need to answer your customers' questions.

#### GIVE!

WEEK OF AU SERVICE TO CHOOSE!

> Take the money you earned to the organization you selected. Be sure to call in advance to find out a convenient time for them. And be sure to follow safe COVID practices.



Earn one point for completing each activity block. Earn an additional four points for completing all the blocks for this week.

### WEEK OF AUGUST 15: SERVICE TO UUFD



#### **READ: WHAT IS BOOK** COMMUNION?

Book Communion is a ritual that Rev. Katie has been doing for over twenty years. During Book Communion, people bring books to the fellowship, putting them on a table during worship. During the ritual, they take a different book home with them.

#### PARTICIPATE: BOOK COMMUNION

Come to the fellowship on Sunday, August 22 and participate in our Book Communion.

### **MY FAVOITE BOOKS**

### DO: DONATE A BOOK

Look through all your books. Is there one that is for a child younger than you? Is it there one that you think others might enjoy? Bring it to your Book Communion.

### **PREPARE: A BOOK REVIEW**

Come to our Zoom on Sunday and tell others about the book you are donating. What is it about? Why did you like it?

### DISCUSS

Ask your parents what they like about our Book Communion.



### POINTS THIS WEEK:

# WEEK OF AUGUST 22: WOMEN'S EQUALITY DAY

Earn one point for completing each activity block. Earn an additional four points for completing all the blocks for this week.

# READ: WHAT IS SUFFRAGE?

Women's suffrage is the right of women to vote in elections. Beginning in the mid-1800s, women sought to change voting laws to allow them to vote. Susan B. Anthony was a Unitarian and a woman who worked very hard for the right of women to vote.

# READ: WOMEN'S EQUALITY

Women's Equality Day is celebrated in the United States on August 26. It honors the 1920 adoption of the Nineteenth Amendment to the United States Constitution. That amendment "prohibits the states and the federal government from denying the right to vote to citizens of the United States on the basis of sex."

### **DO: INTERVIEW**

Interview an older woman, a UUFD member, your grandmother or a neighbor. Ask: What was it like when they were younger? What are women able to do now that they were not when your friend was your age? What happened to make this change? How did it make a difference in her life? What things are still unfair for women?

### RESEARCH: WHO IS HELPING?

Ask your parent(s) to help you research what organizations are helping make women in our country equal.

### MAKE: A BUTTON

Make a button to show your support for women's equality.

### **DO: WRITE SEN. BENNET**

Use the next page to write a letter to your senator. Ask him what he is doing to help create gender equality. Send it to: Smiley Building 1309 East 3rd Avenue, Suite 101 Durango, C0 81301

FOR

I DID IT ALL !!

**POINTS THIS** 

WEEK:

# Dear Senator Bennet,

My name is \_\_\_\_\_ I am \_\_\_\_\_\_ years old.

I am learning about women's suffrage and equality through my congregation, the Unitarian Universalist Fellowship of Durango.

Can you please tell me what you are doing to help equality for women?

Please write me back at my address:

Thank you!



Earn one point for completing each activity block. Earn an additional four points for completing all the blocks for this week

## WEEK OF AUGUST 29 SERVICE TO THE UNDERHOUSED - PART 2

### READ: WHAT IS PURPLE CLIFFS?

Purple Cliffs is a camp in Durango. It is where people who can't afford a house or apartment of their own live. Most live in tents all year long. The people who live there created a way to manage the camp including kitchens, showers, hand-washing stations and more. In 2019 the City of Durango said is was OK for people to live in this camp, but only until May 1, 2022. The camp might be able to move to a new site near Bodo Industrial Park in south Durango. Or maybe it will move to a Colorado Parks and Wildlife property.

### **DO: BUY FRUIT**

Ask your parent(s) to take you to the grocery story. Buy a bag of fruit – apples and oranges are best. They last a long time without being inside of the refrigerator.

### **DONATE: FOOD**

Take the food you made and the food that you bought to Bonnie Miller's house. Bonnie will make sure that it gets to the people at Purple Cliffs. Please email her at yjmiller2@gmail.com.

### ASK: WHY ARE PEOPLE HOMELESS?

Look back at the project that we did on July 27. What did you learn?

### **DO: MAKE SANDWICHES**

Peanut butter and jelly sandwiches are delicious. They are also full of protein AND they last outside of the refrigerator for a few days. Ask your parent(s) to help you make a few peanut butter and jelly sandwiches. Then donate them to the people who live at the Purple Cliffs camp. Be sure to make them in a clean kitchen using good kitchen practices. Bonnie Miller can help you and your family get them there!

### **DRAW: YOU!**

Draw picture on the next page of you making sandwiches. Tape the picture to the sandwiches. Be sure to add your first name (only) and your age.

### I DID IT ALL !!

### POINTS THIS WEEK:

HELLO! MY NAME IS \_\_\_\_\_ AND I AM \_\_\_\_ YEARS OLD. HERE IS A PICTURE OF ME MAKING YOUR SANDWICH. I HOPE YOU ENJOY IT!

