Hello CUFF Members,

This Packet is for April 5th.

We have officially entered April, and subsequently we’ve entered a new monthly theme. This month, we focus on Liberation. Throughout this month, our theme centers around Holidays. First will be Passover, then Easter, then Earth Day, and lastly, Ramadan. Accordingly, this month we’ll spend some time educating our children on some religious history (with exemption of Earth Day).

Mind you, if you don't like this direct form of religious education, feeling that it's too near to Sunday school, I want to challenge you to present such information in an open handed way. We don’t have to be taught to believe something, we can be taught to learn about other’s beliefs. Such is the unique position of UU.

However, if you are not comfortable with this material, and would much rather have material that sticks to the theme of Liberation, but not all this religiousness associated with the Holidays this month, please reach out to me and let me know. I would personally create curriculum apart from such themes this month. We’re inheriting the curriculum from the UUA and I’m making slight tweaks to it, whereas we are completely capable of going our own way when it comes to how we approach this months theme. Again, please just let me know. Otherwise, we will continue as such.

This Week's lesson is: Passover
**Wonder Box** (Hide the box if that’s been a part of your routine)

What’s in the Wonder Box? It’s a frog! (if we don’t have a figurine, we can draw a picture of a frog, or we can be a but more direct with the Star of David or anything else that can symbolize the story of Passover or Judaism in general).

This month’s theme is liberation. What does liberation mean? Freedom

Today we explore Passover, a Jewish holiday that takes place from April 8 - 16. The Jewish people are called Hebrews.

The story from the Bible about Passover is in the book of Exodus. It is the story of the liberation of the Hebrews from enslavement in Egypt.

The story includes frogs! Frogs were one of the 10 plagues which Yahweh, God of the Hebrews, sent to the Egyptians to convince the Pharaoh, the Egyptian King, to free the Hebrew people.

The other plagues were blood, lice, wild beasts, cattle disease, boils, hail, locusts, darkness, and the slaying of the first born.

Passover includes a meal, called a Seder, with special foods and a telling of the story of the liberation of the Hebrew people from slavery.

The story of Exodus is a story which shows us how a people gets liberated together. All of the Hebrews fled their enslavement in Egypt. It also shows us how liberation takes time. Moses had to convince Pharaoh to liberate the Hebrews. It took time and 10 plagues to convince him. And then it took 40 years in the desert before the Israelites made it to the “promised land.”

Another part of the story includes a miracle. The Hebrews came to the edge of the Red Sea when fleeing from the Egyptian soldiers. The miracle is that somehow the waters of the Red Sea parted and let the Hebrews run across dry land. Our meditation today imagines what that might be like. Join me now as we imagine…

**Joys and Sorrows**

Before getting into more of the bulk of the lesson, you can bring a bit more of the church home by doing your own Joys and Sorrows. If this works for you, take this chance to speak on things you might otherwise not. Just like at service, this is a time to mention things that you enjoyed/are grateful for this week, and things that were unfortunate/sad. Take this time to be vulnerable.

You can do this organically, or if you want to include materials you can collect a bowl, some sand or dirt, and some marbles, rocks, or candles to represent each statement.
Guided Visualization  
for Passover Seder or Shabbat Shirah  
(Please Read through and accommodate this exercise accordingly)

Allow your eyes to close. Inhale and exhale. Listen to the sound of your breath. Do you not hear the distant sound of an ancient sea? Listen to your breath from that part of your heart that remembers being there at the time of the Exodus from Mitzrayim.

Inhale and exhale and hear the moving of the waters echoing in your innermost ear as you inhale and exhale.

Keeping your eyes closed, look up as if you were looking at the top of the pillar of cloud that is guiding us out of Egypt. Observe the form and color of the cloud and feel the hope and promise that this pillar of cloud represents. Feel its pull on your soul drawing you toward freedom.

Now allow your eyes to slowly slide down the length of the cloud, down and down, until your eyes reach the horizon. Notice the mass of people moving with you.

Feel yourself moving toward the Sea in that ocean of Israelites. Are you leading children by the hand? Or are you a child yourself, moving quickly to keep up with the big people. Wondering that there is no work to be done today. No bricks to be made, no taskmasters with whips.

Listen! In the distance you can hear the dim clatter of spears and shields, horses’ hooves and the rumble of chariot wheels. The whinny of a horse, a muffled command barked by one of the charioteers or Egyptian Captains. The rumbling of the chariots. Pharaoh’s great army is coming behind us.

We are approaching the sea. Inhale the tangy salty, watery smell of the sea. Feel the sand sift through your toes in your sandals. Listen! Perhaps you can hear the bleating of sheep. And the children saying “Mommy, Daddy, where are we going?” “What will happen to us?”

The familiar, the known, is behind. The sea lies ahead, and the wheels of Pharaoh’s chariots are rumbling - coming closer. The wind is picking up. A strong wind from the East. A persistent, steady, seemingly purposeful wind. A wind that could change everything.

Your hair is flying and there are white caps on the sea. And then - Look!! Moshe is holding out his hands - - MY God - the sea is beginning to split. It is a miracle! The sea has parted and there is a path on dry land before us. There is a huge, quivering wall of water on the left and a wall of water on the right.

What is in your heart at this moment? Will you rush into the sea with a trusting heart, running toward freedom, praising God ...OR.... do you hang back - afraid of the unknown, afraid the walls of water will close and drown you - afraid of being caught - afraid of change. (Pause) This is not an illusion.

Both choosing and being propelled by the crowd. Almost numb with fear, curiosity, hope, and awe you are moving forward into the sea. Even the children and animals fall eerily silent as you walk between the towering walls of water.
You can see the intense blue green of the sea on either side. Perhaps a dolphin cavorts along side you in the wall of water. What do you see in the wall of water? Light filters through the waters and casts dancing blue shadows on everyone.

Now we’re half-way across. The wall of water on the left and right stretch as far as you can see in front and as far as you can see behind. Incredible! We are walking on dry land in the midst of the sea.

What an exhilarating moment - she-he-khe-yanu, to be alive at this time to experience this. Even if we drown or Pharaoh’s army overtakes us - dayenu. This would have been enough.

The chariots sound different now - their wheels scraping and groaning against the sea floor. You are beginning to hear the suggestion of a melody (pause...if you happen to have an instrument begin playing a version of mikha mokha off-key and grating...) beckoning in the distance as you move toward the opposite shore. Could it be animals? No, voices? Singing?

Despite exhaustion, growing elation lightens our footsteps. (Modulate...move onto key if using instrument, or else humming could work) Your heartbeat quickens. The pace of everyone increases, surges.....soon you are running, flying.......... eager to reach the opposite side.

A woman is singing.......you join her.....(burst into full melody with instrument, do not break the sacred trance....allow everyone to experience the fullness of their vision.) (After a while ask people to notice their breath, to place their vision into their sacred memory chest and return to active awareness.)

**Note: How does this work and why?** Guided visualization actually is reported not to work with about 10% of people, some of us are simply hard wired for different forms of spirituality. I mention this so those who have this difference won’t wear themselves out trying. For those who can benefit from guided visualization it is a very powerful spiritual tool. Several major medical research centers have discovered that it can even be a tool for active healing (called psycho-neuro-immunology), although this meditation is primarily designed for shifting consciousness. Be sure to read slowly, with feeling and honor all the pauses fully, they are very important elements...like rests between the notes of a score.

**Reflecting on the Meditation:** What were you imagining?
Summary of The Story of Exodus

Act 1: Prologue
(Exodus 1–2)

Exodus picks up where Genesis leaves off: the young nation of Israel is in Egypt (they were invited by Joseph, the one with the famous coat). A new Pharaoh notices the Israelites multiplying, and enslaves them. Afraid of an uprising, he orders that all Hebrew sons should be cast into the Nile at birth.

But one baby boy escapes this fate: the Hebrew Moses grows up in Pharaoh’s household. When adult Moses kills an abusive Egyptian slave driver, he flees the country.

Act 2: God saves Israel
(Exodus 3–19)

Forty years later, God appears to Moses as a burning bush and sends him to deliver Israel from the hand of Pharaoh.

Moses, with the help of his brother Aaron, confronts Pharaoh on God’s behalf: “Let My people go” (Ex 5:1). Pharaoh refuses, and so God sends those famous 10 plagues upon the Egyptians. When the last plague kills Pharaoh’s son, he finally allows Israel to leave.

The Israelites celebrate the first-ever Passover, and then set out into the wilderness. Pharaoh changes his mind and sends his army to recapture them. God saves Israel miraculously by parting the Red Sea and allowing Israel to escape their would-be captors—and then uses the sea to wash away Pharaoh’s army. The Israelites leave Egypt and make their way to the foot of Mount Sinai in the wilderness. God descends on the top of the mountain, and then, something amazing happens.

Act 3: God makes a covenant with Israel
(Exodus 20–40)

The Israelites leave Egypt and make their way to Mount Sinai, where God gives His laws to Moses. God makes a covenant with the nation of Israel and the generations to come: because He rescued them from Egypt, Israel is to observe His rules. God speaks the Ten Commandments directly to the whole nation of Israel, and He relays specific ordinances to Moses on the mountain. And the people agree to it!

After this, God makes plans for a place of worship. He’s going to come down from the mountaintop and dwell in the midst of the people of Israel—but in order for this to happen, the people need to prepare a portable tabernacle for him. God gives Moses the plans for the tabernacle, the sacred furniture, and the garments for the priests.

But already things aren’t going as planned. While God is giving Moses laws for the people, the people start worshiping a golden calf … not cool. Moses pleads with God on Israel's behalf, and the nation is given another go at keeping God’s commands.

And so Israel builds the tabernacle: a holy tent. The book of Exodus ends with the glory of the LORD filling the tabernacle. God is now dwelling among His chosen people, Israel.
Different Activities:

**Eating Matzo** (or use as an opportunity to bake)

The matzo is a flat cracker-like bread. It symbolizes the flatbread which the Hebrews had to bring since they didn’t have time to bake leavened bread once the Pharaoh decided they could leave Egypt. “Insider tip: The best Passover breakfast around is matzo spread with butter and salt or with cream cheese and jam. Matzo is also an excellent base for personal pizzas – just spread with tomato sauce, add some chopped veggies, sprinkle with cheese, and bake till the cheese is bubbly and browned.”

Note: there is a GF matzo made with oat flour.

**Hide the Afikomen**

Invite the children to play a game which Jewish children play at the end of the Passover Seder. One piece of matzah is broken in half, wrapped in a napkin and hidden. Whoever finds the piece of matzah gets a prize, usually a quarter. If you wish, hide enough for every child to find a piece of matzah and offer a different prize.

**Making Tambourines**

**Materials for Activity**

- **For Paper Plate and Jingle Bells Tambourines:** A stiff paper or plastic plate for each participant, jingle bells, curling ribbon, string or yard, a hole-puncher, and scissors
- **For Plastic Lid and Washers Tambourines:** A large, plastic, coffee can lid for each participant; pipe cleaners; large brass or steel washers, stickers, curling ribbon, a hole-puncher, and scissors
- Optional: Paint, paintbrushes, and newspaper to cover worktables

**Preparation for Activity**

- Decide how to combine this activity with Activity 4: Jewish Celebration in Song and Dance. For example, you can teach a dance, listen to a song while making tambourines, and then have participants use the tambourines to dance again.
- Set out the materials you need, on worktables.

**Description of Activity**

Miriam’s symbol is the tambourine, or timbrel. Make one of these versions to accompany the dancing and as a reminder of resiliency. You may invite the children to paint their tambourines.
Paper Plate and Jingle Bells Tambourines

Punch holes all around a paper plate. Push the base of a jingle bell through some of the holes, stringing a piece of yarn through each and tying in place. You can also tie some jingle bells onto longer pieces of yarn, and secure the yarn to the paper plate. Tie on curling ribbon and curl with scissors.

Plastic Lid and Washers Tambourines

Punch holes around the plastic lid. String two or three steel or brass washers onto a pipe cleaner and twist one end. Insert the other end of the pipe cleaner through a hole in the plastic lid, and secure by twisting. Place decals or stickers on the tops of the lids.

Make tambourines and dance like the Hebrews when they reached freedom, led by Moses’ sister, Miriam.

Extinguish the Chalice
Translations in context of "joys and sorrows" in English-Russian from Reverso Context: I feel all their joys and sorrows. Besides these everyday joys and sorrows, man has also desires, dreams and plans of his own. The lyrics are about social issues, a bit romance, and a lot of rock-and-roll, whose joys and sorrows are known to Sid firsthand. Best joys and sorrows quotes selected by thousands of our users! Joys And Sorrows Quotes. facebook. twitter. googleplus. We choose our joys and sorrows long before we experience them. Khalil Gibran. Life, Happiness, Success. 109 Copy quote. Joy is hidden in sorrow and sorrow in joy. If we try to avoid sorrow at all costs, we may never taste joy, and if we are suspicious of ecstasy, agony can never reach us either. Joy and sorrow are the parents of our spiritual growth. Henri Nouwen. Spiritual, Agony, Joy. Joys and Sorrows. 1 month ago 1 month ago. Storytelling. Comment must not exceed 1000 characters. Like. Repost. Share. Why is the most beautiful the most painful Some of my greatest Joys some of my greatest Sorrows Shared with you soundart archive.org. Show more. Sorry, something went wrong. Retry. Related tracks. View all.