

SPIRIT PLAY BEDTIME RITUAL STORY

Materials:

- Rectangle felt for bed
- Second (white) rectangle for sheet to cover bed
- Small cushion for pillow
- 2 children dolls, and 1 parent doll
- 3 sets of prayer beads

Presentation:

Watch where I go to get the story today.

This story is a very special story because it is alive. Some of you may be living in this very story. Some of you may know parts of this story by heart already.

This story is about a family here at Unity and how they practice love together.

I wonder what is in here....

Lay down rectangle of felt for a bed. Lay another rectangle over the top for the sheet covering the bed. Place a pillow. Make the bed and look at it.

Hmm... What does this look like?

I wonder what day it is in our story? Well, today is Sunday and this is a story about Unity where we gather on Sundays. So let's start our story there.

It's Sunday. Our family has had a full day of church and being together. And now it's time to get ready for bed. Here are two kids, and they're growing so much. They're taking baths.

Place children dolls, making washing motions on each doll.

They brush their teeth all by themselves.

Run your finger over their mouths in a brushing motion.

They get into pajamas. And then an important thing happens.

The family gathers together.

Place the parent doll near the children dolls.

They snuggle up and get quiet to say goodnight. And then they get out their beads.

Give prayer beads to each doll.

If you know this part, say it with me: "Each person is important, be kind in all you do. We're free to learn together and search for what is true. All people need a voice, build a fair and peaceful world. We care for mother earth and all who call her home."

Have you heard this prayer before? Each part matches a bead and each bead matches a day of the week. I wonder if we have seen these colors or words before? Can anyone see these words in our classroom? Can you see the colors of the beads somewhere on our classroom walls?

Look around the classroom.

Oh, there, on the wall are the words to our prayer. Let's say them again.

Point to the words on the wall if the children haven't seen them.

"Each person is important, be kind in all you do. We're free to learn together and search for what is true. All people need a voice, build a fair and peaceful world. We care for mother earth and all who call her home."

This prayer is where we remember our Principals, or the promises we make to one another at church.

This is a prayer we can say at home, to remember that church is one place we practice love. Home, with our families, is another place where we practice love.

Each night, Unity families come together in their homes to remember our promises.

On Sunday night, we talk about who was important to us that day, or how we felt important.

Show the red bead.

On Monday night, we talk about where we saw kindness or needed kindness.

Show the orange bead.

On Tuesday night, we talk about what we learned.

Show the yellow bead.

On Wednesday night, we talk about what feels true and what questions we have.

Show the green bead.

On Thursday night, we talk about when we had a voice or when we didn't feel heard.

Show the blue bead.

On Friday night, we talk about how to build a fair and peaceful world. Did I make the world more fair and peaceful today?

Show the indigo bead.

On Saturday night, we talk about caring for mother earth, and we give thanks for the earth and her creatures.

Show the violet bead.

When we are all done talking, we say one thing from our time together that felt really good. Then it's time to snuggle and sing.

We sometimes sing, (singing) “Sleep now in peace, sleep now in peace. May the spirit of love surround you, in your dreams, in your dreams. Sleep in peace.” And then there are kisses and tucking in and sleepy time.

Tuck in children dolls, and then cradle the parent to sleep.

I love this special time with my family at bedtime. I love that when my family says this prayer, maybe your family is saying this prayer too, maybe even at the same time, even though we are not together.

I love that we say this prayer every night. Saying it every night helps the prayer to live in our hearts. Saying it every night helps connect us to one another and to our church. And if I miss saying the prayer for one night, I love knowing that another Unity family is saying it.

We are a family of families at Unity. This is our bedtime ritual. It reminds us of our promises and helps us to practice love.

I wonder what was the best part of the story?

I wonder what was the most important part of the story?

I wonder who or what you might be in the story?

I wonder if there’s any part of the story that we could leave out and still have all the story we need?