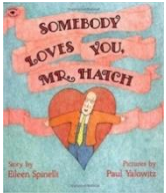


A Quaker Family Fun Sheet

Love Changes Lives

Dear Younger Friend,

South Central Yearly Meeting is the regional organization to which your worship group belongs. We are sending you this letter to help you know more about Quakers in this region and around the world. We hope you have fun with it and share it with your family and friends.



Read or watch on StorylineOnline:

https://www.youtube.com/watch?v=AGAS_Aj85cA

Somebody Loves You Mr. Hatch by Eileen Spinelli (All ages) See how love draws out the best in Mr. Hatch and his community helps him to see it, too.

Love in Action Scavenger Hunt:

Where can you find Love in action? Look for little moments and big ways!

- ♥ When did you see someone sharing?
- ♥ When did you see someone helping?
- ♥ When did you see someone being patient?
- ♥ When did you see someone standing up for someone, being an ally?
- ♥ When did you see other ways Love was in action?

You might want to draw a picture or take a photo of what you noticed. You can post your picture at home and, if you want to, send a scan or photo of it to pubs@scym.org for posting to the SCYM website: <https://scym.org/>

Help Love Flow:

Do small acts of kindness anytime you notice an opportunity. Remember, the more you look for opportunities, the more you will find. Practice finding at least one person in your family you can complement each day.

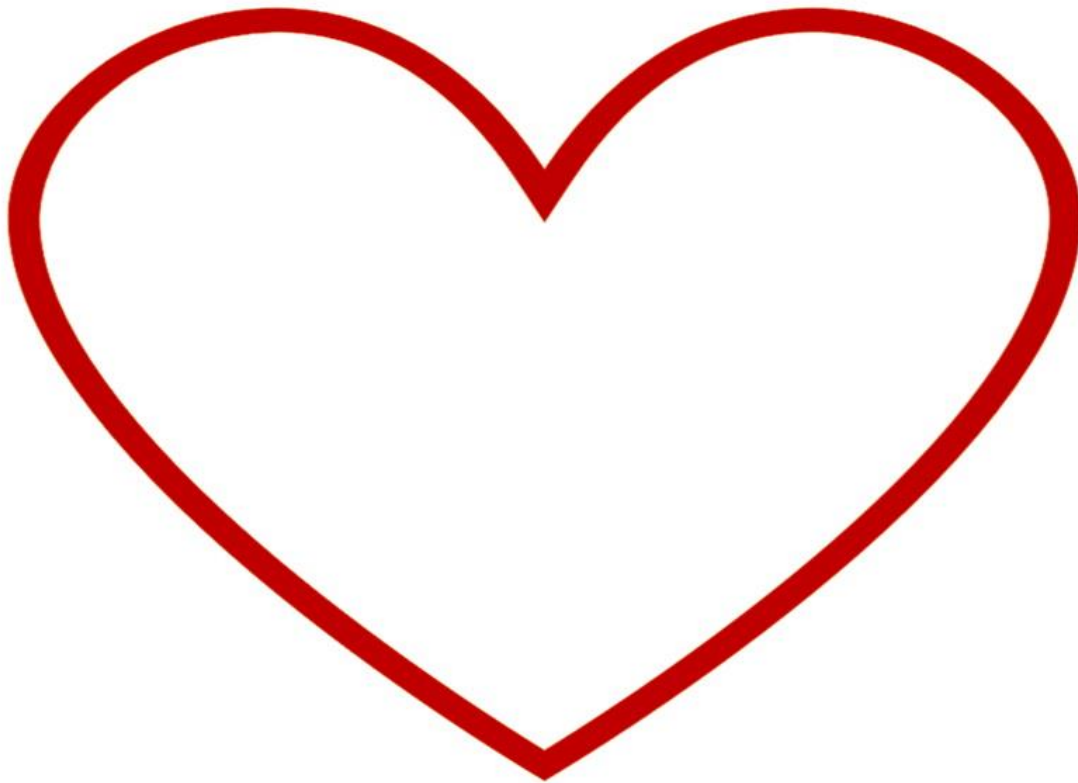
A Quaker Quote to think about:

"Let us see what love can do." William Penn - 1644-1718

Join your Quaker family at SCYM Annual Sessions (online)
Saturday April 3 at 12:30 to 1:15pm for *Loving in the Light: A Story Time Looking at Racism* and 7:30pm for the *All-Age Variety Show*
Let the Love flow as we meet and listen for Spirit together!
(More info at scym.org)

Practice Love:

- Sit in stillness with light (a battery operated "candle" or a flashlight) in front of you.
- Relax your muscles. Take some deep breaths, in and out, in and out.
- Ask yourself if there is any part of your life that needs more love. How could you create that love?
- Think of the people in your life that you love and those who love you. Close your eyes. Try to see their faces in your mind.
- Can you sit quietly without moving for one minute for every year of your age while sending love in and out of your body? (Adults, you may want to match the timing of any children in the circle with you.)



CAN YOU FILL THIS HEART WITH PICTURES OF LOVE?

A Quaker poem to think about:

To worship rightly
is to love each other,
Each smile a hymn,
each kindly deed a prayer.

~ *John Greenleaf Whittier, 1807-1892*



Created in partnership between the Quaker Religious Education Collaborative (QREC)
www.quakerrecollaborative.org & South Central Yearly Meeting (SCYM) www.scym.org



Please let us know if you enjoyed this letter by emailing pubs@scym.org. Use this same email address to let us know you want to stop getting these letters or to change the address to which we are sending them.