



Soulful Home

Finding the Sacred in
Everyday Spaces



Repair
November 2024

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Opening to Repair

Thanks to Our Widening the Circle Team

We would like to thank [The Widening The Circle Team](#) for their insight and help with this packet. Their support and research run throughout this packet, from the stories to the activities. Their help putting inclusion and love at the center of our packets is, in turn a vital part of helping families also center love in their faithful everyday moments.

The Welcome Mat

Exploring the Practice of Repair

Being a parent has taught me a lot about repair. It has taught me about communication and how our words can harm or heal. It has taught me about empathy and how offering a compassionate presence repairs more than advice ever could. It has taught me about patience and how we often need to sit back and let our kids repair situations themselves rather than rush in to save them. But one of the biggest lessons parenting has taught me about repair is the importance of us parents and caregivers modeling accountability and humility. It brings to mind that quote: Kids don't do what you say. They do what they see.

And so I do my best each and every day to make sure my actions match the practices and values that I want to see grow in my kids. Yet even with all that intention, I, like everyone else, still make mistakes sometimes (ok, let's be honest, lots of times). I don't use my words carefully. I jump to advice-giving rather than empathetic listening. I take over a situation rather than trusting my kids to figure it out on their own. Or to put it another way, I make messes. Lots of them.

But I also clean them up. And our faith is a big reason I am able to do that. Because our faith community emphasizes accountability and apology as the glue that holds us together, I am better able as a parent to take responsibility for my actions and their impact on others. Because our faith treats us as ever-evolving creature not inherently sinful and broken, I am better able to embrace humility and see mistakes as opportunities for learning and improvement. And, yes, all of this shapes my children more than a parental lecture ever could.

This month, I hope that you too reconnect to the many things that parenting has taught you about practicing repair. I also hope this packet helps open the space to heal the things that need healing. And when (not "if," because we all know that they will) your children make mistakes, may you remember that it is through these setbacks that they can build themselves into the people they are meant to be. And may that push us parents to be the people we were meant to be as well.

Blessed Be!!

April



At the Table

Exploring Repair Through Discussions

The At the Table section engages the theme through question-driven family discussions. The questions are designed to be used at a family gathering, most often dinner, but also during a quiet moment in the living room, before a board game night, or while driving in the car. This section strengthens the bonds within a family as members learn more about each other by asking and answering evocative questions.

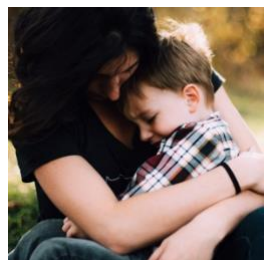
How To Go About It

The most straightforward way to do this is simply to have parents and/or caregivers read off the questions they think will resonate the most with family members and have everyone take turns answering.

Another fun way to do this is to create [a family question jar](#). To make this easier for you, we've listed all the questions below **at the end of this packet** with dotted lines you can cut along to make "question strips." You can then pull out the question jar and have family members choose a question/strip a few times each week.

Discussion Questions

1. How many broken-and-repaired bones have they been in your family so far?
2. When you have a friend or family member who is feeling sad or hurt, what is your favorite way of helping them feel better?
3. What have you learned about making apologies? When you hurt a friend's feelings what is one thing you make sure to say and one thing you make sure *not* to say?
4. Do you think creatures other than humans can experience a broken heart?
5. What is something you plan to repair over and over so you can hold on to it as long as possible? For instance, a piece of clothing? Or a beloved doll or toy?
6. Have you ever wanted to repair something all by yourself, but people kept trying to repair it for you?
7. When you are feeling bad, do you most often prefer a hug, advice, someone who just listens, or to be left alone for a little bit? Or something else?
8. Why do you think people are sometimes afraid to let other people know they are sad or hurting?
9. Are you hurting right now in your body, mind, or heart? What kind of repair and healing might you most need?
10. If you could repair or fix one part of our society, what would it be?
11. Is there any difference between the way adults try to heal things and the way kids try to heal things?
12. Do you think animals can help us heal? Why or why not?
13. What would you say or do for a friend that just lost their pet?
14. Has nature ever helped you repair or feel better?
15. How does it feel when someone tries to repair something that you don't think needs repairing? What do you do when that happens?
16. What do you do to repair and make yourself feel better?(create art, listen to music, dance, take a walk, etc.)



At Play

Playing With Repair as a Family

At Play suggests games, crafts, and activities to help families experience the theme through joy and fun.

Option A: This Month's Treasure Hunt: Finding Pieces

Some people think about repair as putting broken pieces back together. Others think of it as finding a piece of a puzzle that's gone missing. Either way, for many folks, the idea of "pieces" plays a big part in how they think about repair. So, with that in mind, here are the instructions for this month's treasure hunt: **Find as many pieces as you can!**

As you help your kids make their list as big as they can, here are some hints or suggestions that you might give them:

- A piece of cake
- A game piece (such as a chess piece, a pair of dice, or a timer)
- A puzzle piece
- A piece of wood
- A scrap piece of paper
- A piece of pizza
- A Lego piece
- M&M's or Reese's Pieces
- Flower petals or leaves fallen to the ground (pieces of nature)
- Piece of pie

Option B: Game Night: [Operation](#)

Gather the whole family around the table and have fun playing the classic board game operation! See who has the steadiest hands as you try to repair all your patients' illnesses and ailments without setting off the buzzers.

Option C: Work It Out Wombats: Road Repair

<https://pbskids.org/wombats/games/road-repair>

The youngest in your family will have a blast with this PBS game that helps kids recognize different shapes as they work to repair the road.

Option D: Repairing Through Art: Torn Paper Collage - Art in Action

Many families like to sit down together and do art projects. A torn paper collage is a fun way to engage our theme of repair and talk about how sometimes things that seem torn or broken can still produce beauty. So put this into practice by taking bits and pieces of paper (the tearing itself can be very therapeutic and a fun way to repair some frustrated feelings) and creating something beautiful with them. For more inspiration of step-by-step instructions, check out this YouTube clip

<https://www.youtube.com/watch?v=ZTf9SWnbBPw>



At the Bedside and in the Book Nook

At The Bedside & In the Nook suggests books that help families engage the monthly themes with their imagination. This story-centered section honors the unique way stories enrich our sense of what's possible, expand our empathy, and build our identities.

King Leonard's Teddy by Phoebe Swan (suggested for kids 5 and below)

King Leonard has everything he wants, but one day, he discovers that his beloved teddy bear is broken. He's heartbroken. No one in town can help, but fortunately, King Leonard learns how to fix his bear himself, which inspires him to spend the rest of his life helping others fix things.

Invitation to Connect: *Parents, ask your children if there is something that they love that is broken and then work together to fix it. You can take this a step further by then asking them if there is something they would like to learn how to fix and then teach them.*

Soomi's Sweater by Susie Oh. (suggested for kids 4-8)

Soomi is so excited when her mother hems her too big sweater so that she can wear it to school. But when Soomi snags her sweater, and her well-meaning friends attempt to repair it, what started out as a small problem quickly becomes huge.

Invitation to Connect: *Ask your child to talk about a time someone tried to help them, or they tried to help someone else, but it ended up not being as much help as they thought.*

Everything Is OK by Debbie Tung (suggested for youth 10-13 years old)

This graphic novel is about Debbie Tung's struggle with anxiety and her experience with depression. She shares what it's like navigating life, overthinking every possible worst-case scenario, and constantly feeling like all hope is lost.

The book explores her journey to understanding the importance of mental health in her day-to-day life and how she learns to embrace the highs and lows when things feel out of control. Debbie opens up about deeply personal issues and the winding road to recovery, discovers the value of self-love, and rebuilds a more mindful relationship with her mental health.

Invitation to Connect: *Parents/caregivers, if you have a young teen who is struggling with being feelings of anxiety or depression, we encourage you to get this book for them. Then, once they are done, invite them on a walk and talk about how it connected with their own story or didn't.*



In Front of the Screen

Watching Meaningful Movies Together

In Front of the Screen offers families ways to connect with the monthly theme and each other through movies and TV shows.

Option A

Bluey - Season 3 Episode 28 "Stories" (G)

Indy and Winton fix Indy's model horse, but Indy is upset when her horse ends up looking more like a cow. But Indy and Winton are determined. They can't find a picture of a horse in their schoolbooks, so they go to find a real horse and have an adventure.

Invitation to Connect: *Talk about what they would have done if they were in the same situation.*

Option B

The Lego Movie (PG)

Emmet, an ordinary LEGO construction worker, thought to be the prophesied as "special," is recruited to join a quest to stop an evil tyrant from gluing the LEGO universe into eternal stasis.

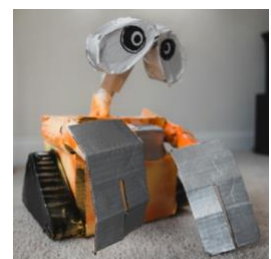
Invitation to Connect: *Parents, here's your chance to share with your kids some funny (and hard) stories about how you fixed something or yourself by inviting in anxiety, envy and embarrassment! It's also a chance to help your younger children understand your teenage children a bit better.*

Option C

Wall-E (PG, 10 year olds and up)

Wall-E, a robot who is responsible for cleaning a waste-covered Earth, meets another robot and falls in love with her. Together, they set out on a journey that will repair the fate of mankind.

Invitation to Connect: *Parents, use this movie as an opportunity to talk to your kids about the state of our world and what they and you as a whole family can do to help repair it.*



In the Toolbox

Strategies to Help Our Kids Navigate the Complicated Stuff

In the Toolbox offers parents resources to better understand the well-established and newly emerging challenges of being a child today. It's all about equipping parents to be better guides and companions for their kids.

Resource One

How To Tell Your Kids The Truth About Thanksgiving

Part of our job as parents and caregivers is to empower our children with the truth, and the Thanksgiving “story” is a wonderful place to start. Here is a great resource to help you on your way:

https://www.maisonette.com/le_scoop/parenting/styles/how-to-tell-your-kids-the-truth-about-thanksgiving?srsItd=AfmBOopB7kLIEJAc_gVFXsyC-TmvTJA4lpKEU1LOzfWV1aDt7LfQRJ55

Resource Two

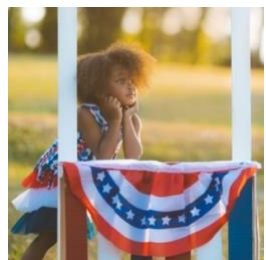
Practicing Democracy with My Kids

One of the most important parts of parenting is making sure our kids grow up to understand that their individual life is innately tied to others. It's not just about getting that “A+” and making it in life as an individual. Our lives are directly tied to many others. We are each an essential part of our community, and our community is an essential part of us. Our well-being is dependent on the community's well-being, and vice versa.

While this article is timely because it's about a current event, it is also timeless, as these opportunities happen all the time, as involving our kids in democratic process is something that starts at birth. A healthy society is based on the idea that everyone is worthy of dignity and respect, and our cooperation and care for each other matters. What could be more important than being grounded in those important ideals as we enter an election year?

Here's the article:

<https://familyleadershipcenter.org/practicing-democracy-with-our-kids/>



On the Porch

Connecting and Sharing Stories with [Your Village](#)

On the Porch uses thoughtful questions to open space for you and your parenting partners or parent/caregiver friends to connect more deeply with each other and think more deeply about how the monthly theme has shown up in your life and can show up in a more intentional way.

How to Go About It

Bring these questions with you when the time comes to hang out with your co-parent or parenting/caregiver buddy. Treat the questions less as a quiz and more like doorways inviting you into the world of mutual storytelling and memory. Go through them all or pick a few that call to you most.

Questions

1. What role do you play in your family's healing? What is your unique contribution to its health?
2. What collective harm or hurt does your family still need to heal from? And how does it show up in your family's dynamics or responses to things?
3. What has been the hardest thing you've had to help your child(ren) repair?
4. What gets in the way of our healing?
5. How does our culture's understanding of parenting need to be repaired?
6. How has your UU faith influenced how you think about what our families can do to repair our world?
7. Whose healing is a priority for you? Or to put it another way, what life experiences have led to your family focusing on certain social justice issues over others?
8. What threat to our children worries you most?
9. How has parenting repaired or healed you?
10. What healing work did you do that spared your children harm or hurt?
11. Is there a childhood wound that you're still working to heal?



Alongside the Chalice

Family spiritual practices and rituals are crucial for kids, youth, and adults. So our Alongside the Chalice section offers a different UU practice, observance, or ritual for families to try out each month, with the hope that a few stick and become woven into the repeated and treasured rhythms of family life.

Family Healing Circle: A Family Practice of Repair

A powerful family repair practice is a regular family healing circle. This is simply a time that families set aside to intentionally check in with each other, offer support and resolve any lingering tensions or hurts between them. This practice fosters connection and helps families to engage in repair in a structured yet flexible way, nurturing a supportive environment and promoting healing, empathy, and growth.

1. Set the Intentional Space

- **Choose a Time:** Set aside a regular time each week or month for this practice. It could be during a family meal, a dedicated evening, or a weekend activity.
- **Create a Safe Environment:** Arrange a comfortable and inviting space where everyone feels safe and open. This could be in a living room, around a table, or even outdoors.

2. Gather and Reflect

- **Opening Ritual:** Begin with a simple ritual to mark the start of the practice, such as lighting a chalice.
- **Check-In:** Take a few minutes for each family member to share how they've been feeling. This helps everyone gauge the emotional climate and opens up space for honest communication.

3. Address Conflicts and Harm

- **Acknowledge Issues:** Discuss any conflicts or hurts that have arisen. Approach these discussions with a spirit of curiosity and a commitment to understanding rather than blaming.
- **Apologize and Forgive:** If needed, practice giving and receiving apologies. Encourage family members to express what they are sorry for and to offer forgiveness, using "I'm sorry" and "I forgive you" as tools for healing.

4. Create an Action Plan

- **Solutions and Commitments:** Discuss and agree on practical steps to address any issues or to prevent future conflicts. This might involve setting new family rules, finding ways to support each other, or making amends for past actions.

5. Close with Gratitude and Affirmation

- **Express Gratitude:** Each person shares something they are grateful for about the family or the practice. This reinforces positive aspects and strengthens bonds.
- **Closing Ritual:** End with a closing ritual, such as a short prayer, a group hug, or a positive affirmation, to seal the experience and remind everyone of the shared commitment to growth and repair.

6. Reflect and Revise

- **Review and Adjust:** Periodically review how the practice is working. Make adjustments as needed based on feedback from the family to ensure that the practice continues to meet everyone's needs.



The Extra Mile

The Extra Mile section is for families who want to continue exploring the theme of the month through larger adventures, more complex projects, or simply through additional modalities not otherwise included in the packets. A bit more effort, but well worth it!

Make First Aid Kits

<https://www.redcross.org/get-help/how-to-prepare-for-emergencies/anatomy-of-a-first-aid-kit.html>

The American Red Cross reminds us that accidents happen and a well-stocked first aid kit for your car and your home is an important tool to have ready and available. So, have some fun this month putting together some first aid kits so that you are always prepared.

Use stickers to decorate closable and waterproof containers, and then fill each kit with the items below (The [Red Cross recommends](#) that all first aid kits for a family of four include the following)

- 2 absorbent compress dressings (5 x 9 inches)
- 25 adhesive bandages (assorted sizes), also found within our Family First Aid Kit
- 1 adhesive cloth tape (10 yards x 1 inch)
- 5 antibiotic ointment packets (approximately 1 gram)
- 5 antiseptic wipe packets
- 2 packets of aspirin (81 mg each)
- 1 emergency blanket
- 1 breathing barrier (with one-way valve)
- 1 instant cold compress
- 2 pair of nonlatex gloves (size: large)
- 2 hydrocortisone ointment packets (approximately 1 gram each)
- 1 3 in. gauze roll (roller) bandage
- 1 roller bandage (4 inches wide)
- 5 3 in. x 3 in. sterile gauze pads
- 5 sterile gauze pads (4 x 4 inches)
- Oral thermometer (non-mercury/non-glass)
- 2 triangular bandages
- Tweezers
- Emergency First Aid instructions
- Any personal items such as medications and emergency phone numbers or other items your health-care provider may suggest.

Once your kit is complete, be sure to check the kit regularly to restock used supplies, check expiration dates, and replace any used or out-of-date contents.

Repairing Things Around Your Home

Many of us have list of things that might need to be fixed up around the house. This month, set aside some time to make those repairs a family affair. Not only will this give you all some quality time together, but it will also create space for some learning opportunities for your kids. For instance, if you have a car, maybe teach them how to repair or change the tire or oil. If you have some small holes in your walls, teach them how to patch them. If you live someplace where snow might be on the way, take them with you as you stock up on sand, salt, and shovels and explain how they fix icy conditions or they help you seal your windows and doors of drafts.



Visible Mending and Teaching Our Kids to Fix Their Clothes

<https://modern-mending.com/clothing/how-to-teach-kids-to-fix-their-clothes/>

Repairing and mending clothing is both an anti-consumer/environmentally friendly practice and creative clothing repair is also a skill for resilience that can be inclusive for families with different economic situations.

If you would like to take it up a notch, we suggest taking a family outing to a Thrift Store and creating an upcycled fashion show. The rules are that people enter the fashion show with an outfit that is all or mostly thrifted or creatively upcycled. You set up a runway and have people walk the runway, and have judges and awards (trophies that are also thrifted or upcycled).

In addition to the article above, here are a few videos with guidance:

- Repair Shirt with Simple Running Stitch | Sashiko Visible Mending Tutorial (Part 1) <https://www.youtube.com/watch?v=tXJNBpwIHZ8>
- Repair Jeans with Sashiko and Whipstitches | Visible Mending Tutorial <https://www.youtube.com/watch?v=HtsC7emyg90&t=3s>
- Make Your Old Sweatshirt Cuter with Visible Mending <https://www.youtube.com/watch?v=sc0rwVMVVTk>

Make a Conflict Resolution Jar

A conflict resolution jar is a fun and easy craft to make day-to-day conflict easier, as it helps children come up with simple ways to stay calm during daily annoyances!

You'll need:

- An empty jam jar
- Colorful popsicle sticks
- Sharpies

Use the Sharpies to write different ways conflict can be resolved/repared on each of the popsicle sticks. For example, you might write: take deep breaths or listen to others without interrupting. Write down as many as you can think of and then place them in the jar. The next time there is a conflict in your house, pull a resolution out of the jar and try it out.



Blessing of Invitation

Dear fellow band-aid putter on'ers, tear wipers, and healers of hearts,

This month, my wish for you is this...

May the tender and torn parts inside you find healing as you care for the hurts held by those you love.

May you discover that broken hearts are what allow us to carry and connect to the pain of others and make it possible for us to companion them through their dark days.

May your words be gentle, your actions thoughtful, and your resolve unwavering as you seek to mend, heal, and repair.

May you model grace and forgiveness, teaching by example the power of making amends and learning from your mistakes.

May your family be a haven of safety and love, where conflicts are met with empathy and every voice is valued.

As you navigate the journey of repair, may you be blessed with patience, resilience, and connection that runs deep.

May each step towards healing strengthen the bonds between those you love and the world beyond.

And may the way you practice repair in your family inspire and uplift those around you, spreading the light of understanding and reconciliation wherever you go.

Blessed be, and May it Be So.

~ **April**



Connect with More Inspiration for You and Your Family!

Parents can Join our Facebook and Instagram pages for
daily Inspiration on our themes:

Facebook: <https://www.facebook.com/soulmatterssharingcircle/?ref=settings>

Instagram: https://www.instagram.com/soul_matters_circle/

Parents and youth will want to check out
our [Spotify](#) & [YouTube](#) music playlists on the monthly themes.

Credits

Soulful Home packets are prepared by

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You are free to use any of this material verbatim in worship, newsletters
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Learn more about subscribing on our website:

<https://www.soulmatterssharingcircle.com/soulful-home.html>

Question Jar Cut-Outs

Notice that there are a few blank strips at the bottom of the list.

We invite you to write your own questions on those strips.

We also remind you that questions that evoke stories are often the most impactful.

How many broken-and-repaired bones have they been in your family so far?

When you have a friend or family member who is feeling sad or hurt, what is your favorite way of helping them feel better?

What have you learned about making apologies? When you hurt a friend's feelings, what is one thing you make sure to say & one thing you make sure not to say?

Do you think creatures other than humans can experience a broken heart?

What is something you plan to repair over and over so you can hold on to it as long as possible? For instance, a piece of clothing? Or a beloved doll or toy?

Have you ever wanted to repair something all by yourself, but people kept trying to repair it for you?

When you are feeling bad, do you most often prefer a hug, advice, someone who just listens, or to be left alone for a little bit? Or something else?

Why do you think people are sometimes afraid to let other people know they are sad or hurting?

Are you hurting right now in your body, mind, or heart? What kind of repair and healing might you most need?

If you could repair or fix one part of our society, what would it be?

Is there any difference between the way adults try to heal things and the way kids try to heal things?

Do you think animals can help us heal? Why or why not?

What would you say or do for a friend that just lost their pet?

Has nature ever helped you repair or feel better?

How does it feel when someone tries to heal or repair something that you don't think needs healing or repairing? What do you do when that happens?

What do you do to repair and make yourself feel better?(create art, listen to music, dance, take a walk, etc.)



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