

# Virtual All Congregation Pot Luck Supper: At Home Program of Self Care **CARE PACKAGE!**



*As a model of providing support to one another as health concerns have moved us to connect in creative ways, we offer this month's Pot Luck Supper in a virtual format. We encourage rest and renewal in whatever manner is best for you. These suggestions are a gift from your Spiritual Pathways Team (aka RE Committee), Anna & Cathy*

Share your photos and videos with Cathy dre@firstunitarianprov.org for a congregational collage.

You may choose to launch the evening with a chalice lighting with Cathy on Facebook Live at 5pm.  
Consider lighting your own candle and sharing that you have in the comments box.

## Music feeds the soul!

Here are some links to some campfire songs and other mellow tunes to listen to or sing along with.



### Happiness Runs in a circular motion

[https://youtu.be/AxjAIA1H\\_qQ](https://youtu.be/AxjAIA1H_qQ)

### Kookaburra sits in the Old Gum Tree

<https://youtu.be/49MBXphiBs4>

### Linger

<https://youtu.be/UWSav2jH8m0?list=RDUWSav2jH8m0>

Big collection of songs with links, many with lyrics <https://coolofthewild.com/campfire-songs/>

### Bridge Over Troubled Water (sung by Aretha!)

<https://www.youtube.com/watch?v=9-yfeA2JZs>

### You've Got a Friend

[https://www.youtube.com/watch?v=eAR\\_Ff5A8Rk](https://www.youtube.com/watch?v=eAR_Ff5A8Rk)

## Campfire Fun

Arthur and Kelly Baraf singing

"The Weight" by The Band:

<https://youtu.be/tdRGuklAnIq>



For your viewing pleasure as you unwind, if you're not able to build your own backyard campfire.

<https://www.youtube.com/watch?v=NUKKzdVv0EI>



## Stay Active and Moving at Home

<https://chopra.com/articles/chair-yoga-flow-for-all-levels>

<https://www.verywellfit.com/chair-yoga-poses-3567189>

## Online Games

During this time when getting together in person is not feasible, we would like to offer some online games as a way to connect! Here are just a couple of online gaming options - share your username with First U friends and play until the cows come home!



<https://boardgamearena.com> Can be used by groups online and we can create our own groups.

<https://lifelife.com/play-carcassonne-lost-cities-and...>

Play Carcassonne, Lost Cities, and More Eurogames for Free Online [Play Carcassonne, Lost Cities, and More Eurogames for Free Online](https://www.playeurogames.com)

Collaborative drawing website/app

<https://www.anondraw.com/> <http://flockdraw.com/>

## Easy Indoor S'mores recipe



And don't forget the yummy food! Consider something easy but hearty, and inspired by times spent by the campfire in the great outdoors. Got a can of savory soup or stew? A box of corn bread mix or tube of biscuit dough? And what's a campfire without the go-to classic, S'MORES?!

Here's an easy version that doesn't require a campfire. If you don't have an oven, you can even use a microwave or toaster oven. Don't feel like cooking? S'mores are great with just peanut butter or nutella, and some marshmallow fluff. Why not add a dash of cinnamon, just to add a little more warmth and spice?

Take a picture of YOUR version of indoor s'mores, or any other campfire-inspired food you decide to cook up, and we'll share it with the First U UU's!

<https://www.somewhatsimple.com/easy-indoor-smores/>



**A digital Owl from Erin Newell** and your local chapter of Harry Potter and the Sacred Text! We know many of us Muggles are practicing Mad Eye Moody levels of "Constant vigilance!" against germs with soap and sanitizer, but we hope you take time Friday (and on other days too) to practice a little self/community care. Here are some Hogwarts House themed ideas to add to your repertoire and make you smile.

<https://www.blessingmanifesting.com/2019/11/hogwarts-house-self-care-ideas.html>

## Look to the Stars...

"When I trace at my pleasure the windings to and fro of the heavenly bodies, I no longer touch earth with my feet." - Ptolemy

—High in the western sky after sunset Venus is waiting to delight you with its brilliant shine. If you're more of an early bird look east an hour before sunrise to see Jupiter, Mars and Saturn all near each other this month.

And use these resources to see what else is in the sky tonight:

<https://heavens-above.com/skychart2.aspx?lat=0&lng=0&loc=Unspecified&alt=0&tz=UCT>

<https://earthsky.org/tonight/see-moon-spica-before-bedtime-march-11>



## Express Yourself with Blackout Poetry...

Create a black out poem from newspaper or other printed text with these instructions from Scholastic

<https://www.scholastic.com/teachers/blog-posts/john-depasquale/blackout-poetry/>

Or create digitally courtesy of this fun New York Times interactive tool:

<https://www.nytimes.com/interactive/2014/multimedia/blackout-poetry.html>



## Campus UUs

An excerpt from our campus group gatherings, based on the book *becoming: a Spiritual Guide for Navigating Adulthood*

-Kayla



Parker

### Sing Spirit of Life

**Reading:** "The best form is to worship God in every form. ~Neem Karoli Baba

### Responding to questions:

How is your spiritual life going these days? What are the challenges or best parts of it? Kenny Wiley talks about how we need to show up somewhere, to some community, when life gets hard. What communities do you turn to when you're struggling or where might you turn in such a situation?

**Closing:** Sing Meditation on Breathing "When I Breathe In, I'll Breathe in Peace. When I Breathe Out, I'll breathe out love.