

Readers' Note: Please scroll down to the bottom for this week's mini-Tidings. Tidings will be published in its usual slot on all other Fridays.



The Bell

Monthly News from HUCC Faith Formation Team

October 2020



Not too Late to Join Classes

Check out lessons for the classes you missed [here](#) under the Community tab. Need a password? Email associatepastor@holladayucc.org.

This fall at church is the Season of Stewardship, where kids are learning how to LOVE our earth family... that includes the environment, our pets, all animals, and all our family members at home! **All gatherings are COVID safe, taking place either outdoors or online.**

SUNDAY SCHOOL

Grades nursery-2nd. We have fun, body-based spiritual activities after online worship, for 30 minutes every other Sunday. (Dates 10/4, 10/18, 11/1, 11/15)

Grades 3-6. We tell stories and play together after online worship, for 1 hour every other Sunday. (Dates 10/11, 10/25, 11/8, 11/22)

YOUTH GROUP

Middle school and high school youth (grades 6-12). We gather to have fun and explore antiracism and social justice, every other Saturday at 5 p.m. (Dates 10/3, 10/17, 10/31, 11/14)



Strategies for Joy and Wholeness

If I am not for myself, who will be for me? And if I am just for myself, what am I?

~Hillel

Advice For Kids of All Ages

Be Gentle with Yourself

My dad's church in Oregon almost burned down a few weeks ago. Now they are aching with the thousands nearby who lost their homes. My dad's pastor recommended the "soft, fuzzy blanket" approach for getting through these hard times.

"Be as tender as you can be toward yourself. Be as tender as you can be toward other people. The hearts that are broken are broken right now because they care, and that tenderness is strength. If you find yourself in a place where you are struggling to be tender toward yourself or toward other people, find your version of a warm, cozy blanket that you can wrap around the child within you who is feeling scared and unsafe. Wrap it around yourself until your tender heart feels soothed. Let that love made from a soothing sound, smell, sight, taste, or texture be the embrace of God holding you in Steadfast Love." *Rev. Christina Kukuk*

Just as there are many disasters in our country right now, there are many resources and ways to help. Recovery and rebuilding take years, so it is important that we stay strong to be a voice for justice and equity in the future.

If you're too maxed out to do anything now, know there will be many more opportunities to help down the road. You will always be needed and valued.

Advice For Adults of All Ages

Be For Others

A hallmark of growing in faith is caring for the vulnerable. Even those of us who are of voting age cannot always control the powerful through getting the election results we want. But, we can always notice and care for those who are in need right here in our community.

Last week, two Salt Lake nonprofits published reports about child welfare in Utah. No matter what happens in the November election, these children need our help. A first of its kind was the *Utah LGBTQ Suicide Prevention Plan*, researched by the Utah Suicide Prevention Coalition, which showed that we all have a role to play in saving the lives of queer youth. Being openly embracing of sexual diversity, as well as talking about the benefits of mental health care and encouraging people with addiction to seek recovery services, can make a huge difference. Helping others feel seen and respected can go a long way for someone who is struggling. Suicide will be a preventable death as we build more accepting communities. Also last week, Crossroads Urban Center released the 2020 Child Homelessness in Salt Lake County Report. Thousands of kids are homeless in our county, and they need our lawmakers to provide them with supportive housing and rental assistance, and enroll more children in Medicaid. Find Crossroads on Facebook and see how you can join their lobbying!

The Clapper



"Applauding Our Kids"

THANK YOU to every member of youth group and Sunday School for doing such a great job of wearing your masks! Thanks to parents for engaging in your kids' lessons in a hands-on way. We are blessed to be back together as a loving community during a time like no other. Let's hang on tight to each other.

Ministry Info:

<http://www.huccsocialmedia.wixsite.com/faithformation>