

Soul Matters Lesson 2: Repair & Renew Your Relationships!

(Yom Kippur Focus)

Theme Angle:

As a covenantal religion, our faith places relationships and our promises to each other at the center of our faith. As since we're human we sometimes break those promises and hurt those relationships. So renewal and repair is necessary and sacred work. So what's one of the ways our faith guides us into becoming a people of renewal? It tells us to "Get comfortable with the work of renewal and repair!"

Introduce It (Object Lesson)

A Mistake with a Ball

Reflection Object: A baseball (or some other kind of ball)

Sample Script: Here's a ball (or baseball, tennis ball, golf ball depending on the family sport.) It's used to play baseball, which is a game. How many of you play baseball? What happens in baseball? You hit the ball with a bat and try to run around the bases. Is it hard to hit the ball? Yes. You miss it, or it flies off in a different direction. Sometimes when the ball flies off in a different direction, it hits something it's not supposed to. Like breaking a window, crushing some flowers, or even hitting a car that was parked nearby.

When we make mistakes, we need to find the strength to repair what went wrong and renew our commitment to do better next time. That means owning up to the damage. Saying you're sorry. And here's the great thing: when we repair our mistakes, we are renewed too! We feel better and we are given the chance of a fresh start.

Lead With Strategy: Invite a family who plays baseball, soccer, golf, tennis or other sport involving a ball. Have they ever made a mistake with the ball they play with, like breaking a window, crushing a plant, or hitting a car? Invite them to tell about the mistake they made and how they made it up.

Tell It and Talk About It (Story)

The Hardest Word: A Yom Kippur Story Video

By Jacqueline Jules, Illustrated by Katherine Janus Kahn

Video:

https://www.youtube.com/watch?time_continue=17&v=Rmuiw70rkBA&feature=emb_logo

Book: [HERE](#)

Suggested Script: Example of telling the story in your own words:

<https://www.youtube.com/watch?v=Rwg3cKn7FI>

(Note: the story is on the longer side so you might want to abbreviate it.)

Lead With Strategy: Find a parent who was raised Jewish or a parent/family in your congregation that still observes Jewish practice. Introduce them and have them share a short story about observing Yom Kippur and what it taught them about forgiveness. Explain that their story has a lot to do with the storybook you want to share today and invite your special guest and/or their children to introduce it

Transition Tool: video to play between segments

Idan Raichel ve Din Din Aviv - Im telech (If You Go)

https://www.youtube.com/watch?time_continue=20&v=JCjSqnDKhTo&feature=emb_logo

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Meditate on It (Mindfulness Practice)

The Feeling of Sorry

Centering:

I invite you to move into our meditation position.

Sit comfortably in your chair or on the floor.

Put your hands on your lap or on your knees.

Sit up nice and tall.

Focus your eyes in front of you.

Find your breath moving in your body by taking in one breath through your nose and then slowly breathing it out through your mouth.

Meditation Suggested Script:

When we make a mistake, it doesn't feel good. We get a sick feeling in our stomach. We feel anxious. Our breathing even gets fast as if our bodies are preparing to run away. And this is what's so great about saying we're sorry. It's scary to say "I'm sorry" but it also feels good doesn't it? Once someone has accepted our sorry, we feel calm again. Saying the word "sorry" is like breathing out all the bad energy and breathing in soothing air. So for our mindfulness moment today, I want to invite us to feel that good feeling we get when we say we're sorry.

And we're going to do that by first learning how to say sorry in sign language. [teach it: https://www.youtube.com/watch?v=siQnKSRRg_c]. Now try that yourself. It kind of feels good to rub your chest in a circle like that, doesn't it? It feels soothing; just like when we say sorry.

So let's keep doing the sign but now as you rub your hand in a circle on your chest, take a breath in through your nose and then slowly blow it through your mouth. Now let's try doing that three times in a row. How do you feel? Calmer right? So remember that next time you're feeling bad after making a mistake. Remind yourself of how good it will feel once you stir up the courage to say sorry. It will help the person you are apologizing to, and help you too!

Lead With Strategy: Invite a person who knows ASL to teach the sign language.

Explore It

(small group activities and experiential learning)

Online Never Have I Ever Game

Talking Points and Takeaways:

- Introduce the activity by highlighting how everyone does things they might be sorry for afterward, it's part of being human.
- One important part of making mistakes and asking for forgiveness is the renewal that comes from acknowledging you're sorry and the learning that comes from trying to do better.

Activity:

Ever done something you were sorry for later? Play this version of "Never Have I Ever" online using these questions as prompts and/or making up your own. This works really well if you happen to use it as a follow up to the Ziz story above. This game highlights how everyone tries things that they might be sorry for afterwards, it's part of being human. It might be simple as realizing you have spun around so much you are going to throw up, or as tender as realizing you've hurt your sister's feelings by pranking her. The

important part of making mistakes and asking for forgiveness is the renewal that comes from acknowledging you're sorry and the learning that comes from trying to do better.

Create a list of "Never Have I Ever" statements. You can use the lists below, or have participants write down statements and put them in a bowl. Each participant makes two signs, one saying, "I Have" and one saying, "I Never". The leader or assigned person reads a statement and everyone holds up a sign saying whether they have or have never done the action. No points need to be awarded, but it's still a fun way to learn more about each other if you stop and share your experience. Or if you want to award points, each person gets 5 points for holding up the sign "I have." The person with the most points wins the distinction of having to tell the group something they were really sorry that they tried or did.

The Statements

Things for which you might be sorry....

Never have I ever accidentally knocked over a flower bush or even a tree, like the Ziz.
Never have I ever accidentally squashed something in a garden, like the Ziz.
Never have I ever ignored my parent's rules about when to go to sleep.
Never have I ever found it hard to say, "I'm sorry."
Never have I ever locked somebody in a room.
Never have I ever stuck my finger in birthday cake icing before it was cut.
Never have I ever lied about doing my chores.
Never have I ever put stuff under my bed or in my closet and pretended I cleaned my room.
Never have I ever fought with my brother or sister.
Never have I ever played a prank on my brother or sister while they were sleeping.
Never have I ever watched something on TV that I knew I wasn't allowed to.
Never have I ever fed the dog under the table.
Never have I ever drank milk from the jug.
Never have I ever gotten my brother or sister in trouble.
Never have I ever taken money out of Mom's purse.
Never have I ever asked Dad something after Mom already said "no."
Never have I ever found Christmas presents before Christmas.
Never have I ever eavesdropped on my parent's arguments.
Never have I ever gone to bed without brushing my teeth.
Never have I ever broken my parents' rules intentionally to see what happens.
Never have I ever been sent to the principal's office.

Now just do it for the fun of it to end the small group.

And to get to know each other better:

Never have I ever broken my arm.
Never have I ever written and mailed Santa a letter.
Never have I ever played video games for more than 4 hours in a day.
Never have I ever had an imaginary friend.
Never have I ever stayed awake all night after watching something scary.
Never have I ever had an argument with myself... and lost.

Never have I ever thought of escape plans from an alien, ninja or zombie invasion.
Never have I ever watched a Star Wars marathon.
Never have I ever eaten a large pizza by myself.
Never have I ever jumped into a trash can or dumpster.
Never have I ever eaten the insides of Oreos and put them back in the container.
Never have I ever tried to strategically time farts with loud noises.
Never have I ever tried cutting my own hair.
Never have I ever pretended to have my own cooking show.
Never have I ever accidentally put clothes on backwards and not noticed.
Never have I ever made up a fake language with my friends.
Never have I ever spun around so much that I threw up.
Never have I ever been embarrassed by my parents.
Never have I ever hid something under my mattress.
Never have I ever didn't like something my mom cooked.
Never have I ever paid my brother or sister to do my chores for me.
Never have I ever locked myself out of the house by accident.
Never have I ever believed cooties existed.
Never have I ever fallen asleep in class.
Never have I ever fallen off playground equipment.
Never have I ever fallen asleep on the school bus.
Never have I ever swapped lunches with someone else.

- Statements adapted from and inspired by
<https://wehavekids.com/parenting/Clean-Never-Have-I-Ever-Questions-for-Kids>

Chat about It Prompts/Questions:

- Invite those with the highest points, or very compelling story to share why they were sorry.
- Offer the second list just for fun and to get to know each other better.

Lead With Strategy: Who likes to lead games? Or would a minister lead this with you to help clarify that making mistakes is part of life?

Take It Home

(Home based activities)

This section provides ideas for your weekly follow-up emails to parents, giving them some ways to build on themes and activities you did in your online worship and groups.

Family Sharing Tips & Lesson Follow Up

- **Possible Script for Email:** “Hello Parents! During the Meditation time that was focused on how we are renewed by saying, “I’m sorry,”, we learned how to say “Sorry” in Sign Language. Ask your child to demonstrate what the sign is, or view the video at https://www.youtube.com/watch?v=siQnKSRRg_c
- Or “We talked about making mistakes, share your own stories of mistakes at the dinner table.”
- Or watch the story: The Hula Hoopin’ Queen
<https://www.storylineonline.net/books/hula-hoopin-queen/>
Read by: Oprah Winfrey, Written by: Thelma Godin, Illustrated by: Vanessa Brantley-Newton
“...Kameeka’s disappointed to be stuck at home and can only think about the hoopin’ competition. Distracted, Kameeka accidentally ruins Miz Adeline’s birthday cake, and has to confess to her that there won’t be a cake for her special day.” - from the webpage.

Theme Connection: Finding a creative way to say she’s sorry that there isn’t a cake means finding out a new facet of the neighbors and the most fun ever at a birthday party.