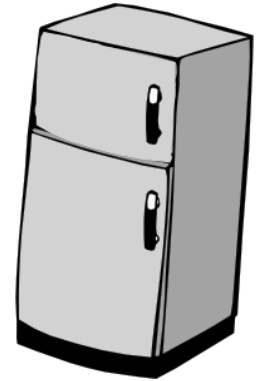




# RE-Frigerator Page



## We Celebrate...

Our theme for September is Work and Play—a subject most of us are pretty experienced with! Of course, most kids don't have actual employment with a pay check. But school, with its effort and responsibility and obligation to show up on time and do what is expected of you, certainly feels a lot like work. And the chores that we do to keep our household running smoothly—washing dishes or cleaning bathrooms or mowing the lawn or taking out the trash—are all work that needs to get done.

Adults and children both need to work—to do things that are useful and productive. And adults and children both need play—to do things that are fun, that move our bodies or stretch our minds or imaginations in ways that feel good.



the most absorbing and exciting requires us to get fully invested in what we are doing, using our bodies and minds to their fullest.

Of course, sometimes play can feel like a lot of work. If you play sports or a musical instrument, you know that there are a lot of drills and practicing that require concentration and effort to build your skills. Often, the play that feels

Maybe we humans are happiest when our work feels playful, and we work hard at our play.

Family Quest  
of the Church of  
the Larger  
Fellowship

Sept. 2019



## We Honor...

John Haynes Holmes was born in 1879, and grew up going to Unitarian churches in the Boston area. He adored his grandfather, who was a friend and supporter of the famous Unitarian minister Theodore Parker, and it was his grandfather who paid his tuition to Harvard College.



Holmes went on to Harvard Divinity School, and became a Unitarian minister. But John's passion was work for social justice, and he often lost patience with wealthy church members, who he felt treated church as a kind of social club.

John didn't just want to

make the world better, he wanted to make it right, and he saw people's work lives as being at the center of how we failed as a society, and how we could make things

right. He argued that individual salvation was impossible without social salvation, the liberation of all people from whatever keeps them down. He wrote:

*Poverty, in this age as in every age, in our country as in every country, is primarily due to the fact of social injustice - that employment cannot be had by those who are ready to work; that*

*employment even when regular is not paid enough to enable the faithful and efficient workman to guard against illness, to protect his widow from dependence, or to provide for his own old age; that insufficient wages force thousands of families to crowd into unhealthy tenements, to eat insufficient food, and to wear insufficient clothing, thus paving the way for physical weakness and disability ....*

In 1908 Holmes was one of the founders, and the first president, of the Unitarian Fellowship for Social Justice, with the mission of building "social salvation" for the poor and oppressed.

## Talk About It!

- ☺ What in your life feels like work?
- ☺ What is your favorite way to play?
- ☺ When do you feel like you are being useful or helpful to others?
- ☺ What is something that you have learned while playing?

# Act...

An important way that workers come together to protect their rights is through unions, also called labor unions or trade unions. Through unions, people who do a similar kind of work, like teachers or electricians, create an organization that represents their shared interests. The labor union helps workers unite to negotiate with employers over wages, hours, benefits, and other working conditions.

One of the ways that unions can pressure employers to listen to the needs of the members is through holding a strike. In a strike, mem-

bers of a union agree that all together they will not go to work. One person alone could protest by staying home, but they wouldn't have much effect. But when, say, all the teachers in a school district decide that conditions are so bad or pay so low that things really have to change, the union members can vote to go on strike, and all walk out from work together. Often, people who are on strike will form a picket line, marching with signs that say why they are striking.

What can you do to support labor unions? Well, for one thing, you can

make the choice never to cross a picket line. If workers are striking in front of a store, you can not shop there until the dispute is settled. By honoring a picket line you add your power to that of the striking workers, declaring that business as usual can not go forward until changes are made.



## Nurturing the Spirit



One of the most important ways you can nurture your spirit is through play. The spirit isn't really a separate thing from the body, and the whole

mind/body/spirit package works best when we move our bodies in ways that feel good and use our minds in ways that captivate us and let our spirits move toward joy.

Play can look like a whole lot of different things. It could be a game that you make up on the spot with a bunch of friends that involves a lot of running around and shouting. It could be a person sitting quietly by themselves, drawing. Play can be goofy and silly, or as serious as a tournament you're determined to win.

There are endless ways to play. And you might want to try exploring some

that are new for you, to stretch your mind/body/spirit in some different ways. If you love to push your body, try stretching your imagination by writing a story. If you love to get lost in computer games, try stretching your body by dancing or hula hoop or climbing a tree.

Be an explorer! Your mind/body/spirit will thank you for it.

## Going to the Sources

The first of the Sources of our Living Tradition is:

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Direct experience of that transcending mystery and wonder, affirmed in all cultures, which moves us to a renewal of the spirit and an openness to the forces that create and uphold life.

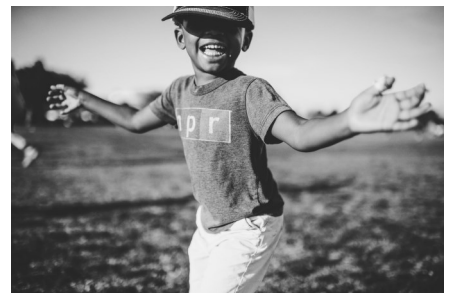
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That's a pretty big statement. It says that everyone, all around the world,

experiences a kind of wonder and joy that takes them beyond themselves, and connects them to something much larger. And that we all need these experiences that refresh and renew us, that lift us beyond our day-to-day work and worry and let us tap in to a kind of creativity that is alive in all the world around us.

Play, at its best, does exactly that. When we are truly absorbed in something that we love, we connect with the forces of creativity and wonder,

and move beyond our everyday concerns into something that renews our spirits and makes us more open to life.



Read more about John Haynes Holmes at: <https://www.uua.org/worship/words/story/183733.shtml>

Learn about labor unions: <https://www.teenvogue.com/story/what-a-labor-union-is-and-how-it-works>