

SPRING  
2018

# Families

WEAVE A TAPESTRY OF FAITH



**Flower  
Power**



## The Seed

How does it know,  
this little seed, if it is to grow  
to a flower or weed,  
if it is to be  
a vine or shoot,  
or grow to a tree  
with a long deep root?

A seed is so small  
Where do you suppose  
it stores up all  
of the things it knows?

The Families pages  
are adapted from  
Tapestry of Faith  
lifespan faith  
development  
programs.

[uua.org/tapestry](http://uua.org/tapestry)

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Isn't it amazing that a flower we can touch, see, and smell grows out of the ground from a hard, tiny seed?

A seed is a possibility, something that may happen but hasn't yet.

A flower is a wonder right now.

Be a seed!

Imagine how it feels to grow from a seed into a flower.



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Read the directions aloud so a friend can act it out. Then, ask them to read, so you can do it:



**1** Crouch down and fold yourself as small and tight as you can, like a tiny seed in the ground.

**3** Now, extend one leg. This is your root. It grows down into the soil to absorb water and nutrients. Grow your root down to steady your plant in the soil.

**5** The plant starts to grow a bud, which opens to become a beautiful flower. Your face represents the flower so turn it up to the sky.

**2** You'll need water to grow. I'll give you some.

[Use your fingers to sprinkle a little water, or pretend to use a watering can.]

**4** Your stem begins to grow up out of the soil, seeking sunlight. Slowly stretch your body upright. As you grow taller and stronger, leaves grow. Unfurl your arms and hands to be the leaves that absorb sunlight and convert it into food for a plant.

How many different kinds of flowers can you think of? Do you have a favorite kind of flower? What do you like about it?



### Make a Kindness Flower

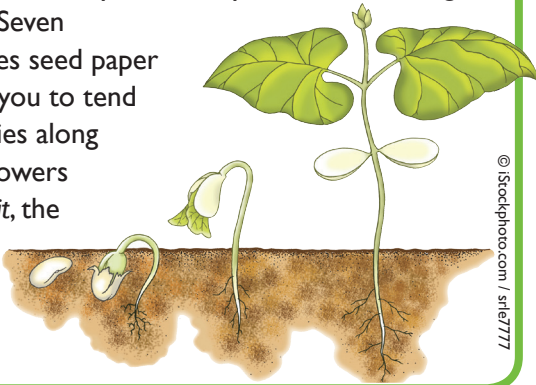
The kindness inside you is like a seed. When you act with kindness, the seed becomes a flower that adds beauty to our world.

- Cut out some large petal shapes from construction paper. Ask everyone in the family to help recall acts of kindness. When has someone in your family helped someone else?
- Draw or write about each kind act on a petal. Tape the petals together into a blossom. Include some blank petals for future acts of kindness.
- Display your flower to remind you every day of the beauty of kindness. Unlike flowers, people are beautiful because of our good actions.

## Patience, Patience...

Flowers come from seeds, but, not right away. Grow your own patience by planting flower seeds. Follow the seed packet instructions for water and sunlight. How many days does it take from seed to seedling? from seedling to blossom?

Faith, love, and caring are qualities inside us that give the world beauty when they blossom. Planting seeds from Seven UU Principles seed paper will remind you to tend those qualities along with your flowers (from *InSpirit*, the UUA Book and Gift Shop).



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### A Closer Look

- ✿ Dissect a seed and see what is inside.
- ✿ If possible, look at seeds under a microscope.



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Y	W	Z	N	D	T	G	A	Y	S	V	G
T	L	R	M	O	M	L	I	S	C	I	E
C	X	I	G	M	I	M	L	I	L	O	R
Y	Q	T	L	U	N	L	L	A	E	L	A
F	O	X	G	L	O	V	E	D	A	E	N
D	L	O	G	I	R	A	M	D	I	T	I
N	O	I	T	A	N	R	A	C	N	O	U
O	R	C	H	I	D	I	C	M	U	A	M
P	A	N	S	Y	L	N	J	O	T	E	D
S	F	F	M	H	S	G	O	I	E	S	U
M	S	I	A	I	N	N	I	Z	P	O	Z
E	T	D	P	I	L	U	T	K	L	R	Q

### Find the Flowers!

- |           |          |
|-----------|----------|
| CAMELLIA  | MARIGOLD |
| CARNATION | ORCHID   |
| DAHLIA    | PANSY    |
| DAISY     | PETUNIA  |
| DANDELION | ROSE     |
| FOXGLOVE  | TULIP    |
| GERANIUM  | VIOLET   |
| LILY      | ZINNIA   |

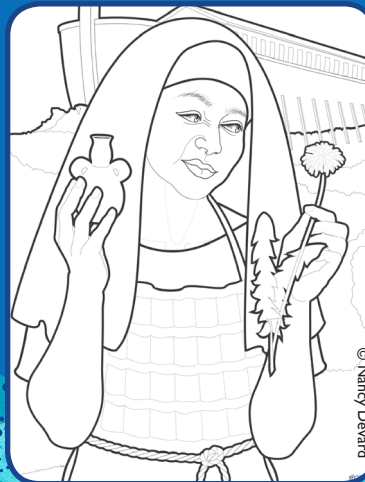


## Naamah's Seeds

Have you heard a story from the Jewish and Christian bible about a man called Noah? He gathered two of every kind of animal onto a boat to save them from a flood. A children's book author, Sandy Sasso, tells a story about Naamah, Noah's wife. Naamah traveled all over to rescue seeds so that plants, too, would survive.

Today, many people also worry that plants and animals we love and need may become extinct. More and more, we have extreme weather, such as floods and droughts, disrupting life's patterns. Sometimes the changes mean certain seeds cannot get everything they need to develop. For this reason, many botanists and gardeners preserve seeds.

- Is there a seed exchange or a seed library where you live? Maybe you can help collect seeds.
- Search for stories about seeds and their flowers in different places around the world. Many books for kids are listed on the Fantastic Fun and Learning website.



© Nancy Devard

- This is a drawing of Naamah to color, by artist Nancy Devard. Download a full page coloring sheet: [www.uua.org/re/tapestry/children/wonder/session8/activity2](http://www.uua.org/re/tapestry/children/wonder/session8/activity2)

## Our Children Are Like Seeds

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**A SEED:** small, dry, and hard; a compact piece of energy. To push up through the earth—to become more than possibility—a seed requires a convergence of nourishing actions and beneficial happenstance over which the seed itself has no control. Seeds must fall or be planted into hospitable soil. They must get enough—not too much—water, sunlight, and nutrition. They must be protected from predators yet available to pollinators.

Our children arrive to us in similar circumstances: future yet to be revealed, cultivation required immediately. The nurturing a child needs to blossom comes first from the home and family into which they fall. But, unlike when we plant a seed, when we begin to raise a child we cannot know what sort of “ground” will be best for them, because we cannot know what sort of “flower” they have the potential to become. As parents, unlike as gardeners, we lack the seed packet with its picture on the front, its instructions on the

back. Are you doing everything a chrysanthemum ought to need? Maybe your child is a sunflower or a daisy.

We can only try to do what we think is best: Provide safety. Model kindness. Teach open-mindedness. Invite play. Create opportunities for our children to discover who they are, what they are good at, what and whom they love.

Only time and experience—theirs—will reveal whom you are raising. We pray that who we are and how we parent will be good enough.



**A seed makes itself... But it needs help. Sometimes it needs a moth or a wasp or a gust of wind. Sometimes it needs a farm and it needs a farmer. It needs a garden and a gardener. It needs you.**

— Janisse Ray, in *The Seed Underground: A Growing Revolution to Save Food*

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The love is spreading,  
to me and to you  
Hearts are opening wide.  
Sun warms the earth,  
we all are flowers.  
The love starts deep inside.



### FAMILIES: WEAVE A TAPESTRY OF FAITH

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### FIND OUT MORE

- Online, watch “Story of Flowers,” a mesmerizing and instructive three-and-half-minute botanical animation by contemporary artist Azuma Makoto. In a magazine interview, he says, “Flowers...have connections to places, for example, having different colors depending on where they grow. There is absolutely meaning in the fact that a flower from a certain place smells a certain way.”
- In “The Hidden Beauty of Pollination,” a 2011 TED Talk, Louie Schwartzberg shares excerpts of his richly imaged time-lapse documentary. In extreme close-up, bees, bats, and other pollinators visit flowers and gather nectar. Schwartzberg says, “Beauty and seduction, I believe, is nature’s tool for survival, because we will protect what we fall in love with...It reminds us that we are a part of nature and we’re not separate from it.”
- “The Seed,” on page 1, is a poem by Aileen Fisher from *Poems to Grow On* (Beacon Press). Copyright © 1957 by Jean McKee Thompson.