

SEATTLE UNITY SPIRITUAL OLYMPICS 2010

The 2010 Winter Olympics in Vancouver, BC are scheduled for Feb. 12-28. The accompanying Paralympics will be held Mar. 12-21. Here at our church we are holding the second Spiritual Olympics.

During the month of February we will have an opportunity to flex our spiritual muscles, stretch the limits of our achievements, and deepen our spiritual skills.

Each child/youth who wishes to participate may choose one or more events in which to excel. Beginning Sunday, Feb. 14 until Sunday, Feb. 28 s/he will have two weeks in which to train or do the assignments. It will take hard work, persistence and determination. Turn in registration form on Sun., Feb. 14, 2010.

On Sunday, Feb. 28, 2010, we will have the final contest followed by a celebration to honor all participants.

The Spiritual Olympics event categories are:

Study Prayer Service Friendship Creativity Gratitude

Study: "What God Is..." To enter this event, participants will read (alone or with parents) any three of the following books. Other books on the subject "What God is..." may be selected to read.

- Bea, Holly. My Spiritual Alphabet Book, Tiburon: H.J. Kramer, 2000.
- Boritzer, Etan. What Is God? Willowdale: A Firefly Book, 1990.
- Carlstrom, Nancy White. Does God Know How to Tie Shoes? Grand Rapids: Eerdmans Publishing, 1996. (*cassette and book*)
- Keats, Ezra Jack. God Is in the Mountain. New York: Henry Holt, 1966. *A collection of quotations from various traditions.*
- Krell, Virginia. I Wanted to Know All about God. Grand Rapids: Eerdmans Books for Young Readers, 1994.
- Kushner, Lawrence. Because Nothing Looks like God, Woodstock: Jewish Lights Publishing, 2000.
- Le Jeune. God Is... Marina del Rey: De Vorss Publishing, 1993.
- Reese, Della. God inside of Me. New York: Jump at the Sun, Hyperion Books, 1999.
- Rich, Scharlotte. Who Made the Wild Woods? Colorado Springs: Waterbrook Press, 1999.
- Sasso, Sandy Eisenberg. God In Between. Woodstock: Jewish Lights Publishing, 1998.
- Sasso, Sandy Eisenberg. God's Paintbrush. Woodstock: Jewish Lights Publishing, 1992.
- Williamson, Marianne. Emma and Mommy Talk to God. New York: Harper Collins, 1996

Spiritual Olympics

- 1) Write a paragraph (or dictate to parent/guardian) your idea about what God is.
- 2) Be prepared to verbally share your idea about what God is at our celebration..

Prayer: To enter this event, participants will keep a daily prayer journal, choose a time each day to pray or meditate, and create their own small personal altar. If you already have one, then find three special things to add to it.

Service: To enter this event, participants will choose three service projects to do over the next two weeks—one for their family (such as making a sibling's bed, doing an unexpected chore to help a parent, giving mom/dad a backrub), one for a neighbor (such as baking and delivering cookies, sweeping a porch or sidewalk for an elderly neighbor, walking a neighbor's dog, pulling weeds) and one for the larger community (delivering food to the food bank, helping at a pet shelter, collecting/sending money to the Red Cross).

Friendship: To enter this event, participants will interview three friends to find out as much about them as possible, spend at least a half hour with each friend doing what s/he would like to do, and then make and send a thank you note or card telling them each what you appreciate about them.

Creativity: To enter this event, participants will choose a medium in which to portray their ideas about what it means or looks like to be a spiritual champion. This could be done through art, writing, dance, or drama.

Gratitude: To enter this event, participants will choose two people, two businesses, and two organizations that you feel make a positive contribution to the world and write and send each a thank you note explaining what you appreciate and why.

ENTRY FORM FOR SEATTLE UNITY SPIRITUAL OLYMPICS 2010

Please turn in on Sunday, February 14, 2010

NAME _____ **AGE** _____

PARENT SIGNATURE: _____

PHONE: _____

MY EVENT _____

SPIRITUAL OLYMPICS 2010 DAILY TRAINING LOG

NAME _____

WHAT I DID TODAY:

MONDAY, 2/15 _____

TUESDAY, 2/16 _____

WEDNESDAY, 2/17 _____

THURSDAY, 2/18 _____

FRIDAY, 2/19 _____

SATURDAY, 2/20 _____

SUNDAY, 2/21 _____

MONDAY, 2/22 _____

TUESDAY, 2/23 _____

WEDNESDAY, 2/24 _____

THURSDAY, 2/25 _____

FRIDAY, 2/26 _____

SATURDAY, 2/27 _____

SUNDAY, 2/28 _____

PLEASE TURN THIS IN ON SUNDAY, 2/28