



“Rooted in Spirit, Rising in Creativity”

Welcome

This January, our children will explore the sacred power of food; not just as fuel, but as love, culture, and Spirit in action. In Science of Mind, we affirm that caring for our bodies and communities is a spiritual practice. Food connects us to our ancestors, tells the story of our culture, and carries the love of those who prepare it. When we choose foods that nurture health and joy, we honor the Divine within. And when we give and share food with others, we practice love in action, creating a world of wholeness, unity, and abundance.

This Month in YFV

January 4: Sacred Stew of Love

Children will read Thank You, Omu! and create “Sacred Stew Pots” filled with virtues like compassion, peace, and gratitude. Together, they’ll see how sharing from the heart nourishes community and Spirit.



January 11: Good Food, Happy Body

Through games and a “Rainbow Plate” art activity, children will learn which foods “help us shine” and how choosing healthy foods is an act of self-love and spiritual care.



January 18: Sacred Fuel: Feeding Your Future

Children will explore ancestral food traditions, mindful eating, and food as sacred energy. With tasting, journaling, and reflection, they’ll discover how choosing nourishing foods honors both their bodies and their cultural heritage.

Family Connection

Here are simple ways to deepen the learning at home:

Cook a meal together

using a favorite family recipe. Talk about the love it carries.



Create a “Rainbow Plate”

at home—fill it with colorful fruits or veggies.



Share one “gratitude bite” at dinner:

before eating, each family member names something they’re thankful for.

Events to look forward to:

Next month, our children will celebrate the brilliance and legacy of Black History through stories, art, and affirmations that honor our ancestors and uplift their own voices.

