

March 2023

Tree Of knowledge  
Coven

# Full Moon Celebration!



## Worm Moon Party!

Friday, March 3rd @ 5-7 pm

Nature Walk • Story Circle • Crafts  
Drum Circle • and More!

AT UNITARIAN UNIVERSALIST CONGREGATION OF COLUMBUS, IN  
7850 W. GOELLER BLVD. COLUMBUS, IN 47201

# Welcome to the Full Moon Party!

Most kids are nature lovers, so we wanted to offer an opportunity for our kids to grow wild together, learn about the world around them, and nurture a sense of reverence for the Earth and the life it creates. Throughout the year, your family can join us for many activities such as river stomps, Full Moon parties, nature walks, scavenger hunts, stargazing picnics, and more!

Rhythms and cycles are important to all living things, including kids! We will have regular gatherings based on the lunar months so that little ones can settle into a comfortable routine. This also allows us to look around each time we get together and see how the world is changing through the year by noticing what little things are different (the river has thawed, we can hear crickets now, the pumpkins are ready, etc).

Though seasonal activities will change and extra events like sled races, apple picking, and swimming parties may be added through the year, we will keep a steady rhythm by gathering at least once a month for the Full Moon. As the moon grows bigger and brighter, our little ones will know that the Moon Party is getting closer!

# WORM MOON PARTY!

Hosted By Tree of Knowledge Coven

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**MARCH 3RD @ 5 PM  
AT UUCI**

On this special day, we will be talking about the Earth waking up for the Spring Equinox, talking about the Worm Moon, and learning about what the Earth will be doing during the Spring. Afterwards, we will go exploring in the woods to see what bugs we can find, build bug hotels, and get a little muddy, so don't dress your kids in fancy pants this day. For our story circle, we will be telling the story "Daisy and the Dancing Worms" while dancing and drumming together, so be sure to bring a toy bucket to drum on (and we will have some spares to borrow)!



# *Worm Moon Party*



We will start things off by sitting in a circle and introducing ourselves, then tell a story with dancing, drumming, and worms (for the worm moon). **If you have a toy bucket to drum on, please bring it with you.**



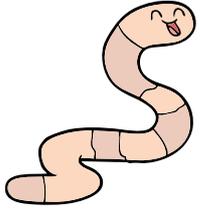
Spring is an exciting time of year with many new plants growing and new animals being born. We will talk a little about plant life cycles while walking around the grounds at UUCCI. Together, we will look for signs of spring and new plant growth.



Worms aren't the only bugs waking up! We will take a nature walk and talk about all the places that bugs might be hiding. Adults will help kids gather natural materials to build their own little Bug Hotels for our forest friends.

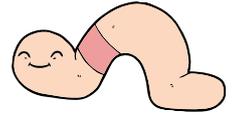


Activities will be short and sweet, leaving plenty of time for the kids to explore, enjoy the grounds, build bug forts, etc. Bring warm clothes, outdoor toys, or any other materials that your kids might enjoy!



# DAISY AND THE DANCING WORMS

BY BRITTANY PHILLIPS



*\*Before the story, have everyone sit in a circle with their toy buckets.\**

Daisy waited all Winter for the snow to melt and for her yard to fill up with puddles. She loves playing in puddles, and so do her favorite bugs... WORMS! But this Winter, there wasn't a lot of snow, and there wasn't a lot of rain, so there weren't a lot of puddles. There weren't ANY puddles in Daisy's yard, so she took her toy bucket and went to check the park. *\*take a look around\** Nope. Not many puddles, and no worms either.

She thought they might be sleeping, so whispered "wake up, little worms" *\*everyone whispers "Wake up little worms"\**, but worms don't have ears, so they couldn't hear her whisper. She sang sweetly to the worms, but worms don't have ears, so they couldn't hear her sing. She shouted "Wake up worms!" *\*everyone shouts\** but worms don't have ears, so they couldn't hear her shout.

Maybe the worms would only come out if there were puddles? Daisy only had one water bucket, so she needed some help. She went to her neighbors house and told her friend *\*turn to the kid next to you\** "Get a bucket of water and meet me at the park". So [he or she] got a bucket and told their neighbor "Get a bucket of water and meet me at the park" *\*each kid says this to the person next to them\**

They all brought buckets of water and made big beautiful puddles *\*scoop and pour the buckets in the air\**, but worms don't have eyes, so they couldn't see the puddles. They built cute little boats for the worms with leaves and sticks, but worms don't have eyes, so they couldn't see the boats. They picked big juicy berries for the worms to eat, but worms don't have eyes, so they couldn't see the berries.

Daisy and her friends wondered "How do worms know there are puddles if they can't see the water and they cant hear the rain?" Do you know what makes the worms come out to dance? *\*Pause and let the kids guess\** They feel the vibrations from the soft rain drops and the big booms of thunder! Daisy and her friends took their buckets and made a drum circle. What does a rainstorm sound like? *\*turn your buckets upside down\**

Its starts sloooowwww with little sprinkles *\*light tapping with fingertips\**

Then it it rains a little harder *\*harder tapping\**

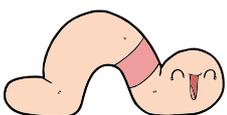
And there's thunder! *\*thumping with whole hand\**

Some of her friends even danced and stomped to shake the ground.

They were having so much fun dancing and drumming and singing, that they almost didn't notice all the happy little worms that came out to join them.



The End



# NEIGHBORHOOD

name \_\_\_\_\_

## BUTTERFLY SCAVENGER HUNT



*monarch*



*tiger swallowtails*



*black swallowtail*



*cabbage white*



*orange sulfur*



*spring azure*



*mourning cloak*



*question mark & comma*



*viceroy*



*gray hairstreak*



*wood-nymph*



*painted lady*



# READY, SET, GROW!

Planting seeds can be a fun and practical way to celebrate Spring with your little sprouts. The best part is that you can get seeds started with supplies that you have at home!

You can create your own biodegradable seed start pots with egg shells, toilet paper tubes, cardboard egg cartons, or rolled up newspaper. If you have one of these items, all you have to buy is seeds and potting soil.

1. Fill the toilet paper rolls with potting soil, but leave a little room at the top.
2. Push a few seeds down into each pot.
3. If you have an empty plastic berry box, you can put your starter pots in there or just fill it with dirt. This makes a cozy, little greenhouse to help the sprouts stay warm.
4. Spray the dirt with water every 2 days.



This is a fun activity to do with your family if you want to have your own Full Moon Party at home!

# Sunflower

## Facts about one of the most famous flowers in the world

### Basic Information

Name: Common Sunflower  
Location and Habitat:  
Prairies and dry, open areas  
Scientific name:  
Helianthus annuus

### Facts on sunflowers

- Sunflowers are actually "sun followers" through a type of plant behavior called heliotropism. Their buds and blossoms start the day facing east and then follow the sun until it sets in the west. But when the flowers are undergoing seed production, mature flower heads become heavier and stiffer than usual and remain facing east for the rest of the day.
- The sunflower head, which looks like a single flower resembling the sun, is actually made up of smaller flowers. The yellow petals surrounding the head are called "ray florets." Unlike regular flowers, these florets cannot reproduce. But the disk florets, located in the middle of the sunflower head, can produce seeds. They have male and female parts, allowing each disk floret to make seeds and self-pollinate.
- About six to eight hours of sunlight are needed for sunflowers to grow well. As if reaching for the skies, some sunflower plants can grow as tall as 16 feet! Different species grow at varying heights, and the distance between plants in a plot can also influence this

### They have a history of healing!

Sunflowers also serve as home remedies in some cultures, like in Mexico, where the blooms are used to soothe chest pain. Some Native American tribes, such as the Cherokee and Dakota, use parts of the plant in their medicinal concoctions for relieving kidney and pulmonary issues.

### They have been out of this world!

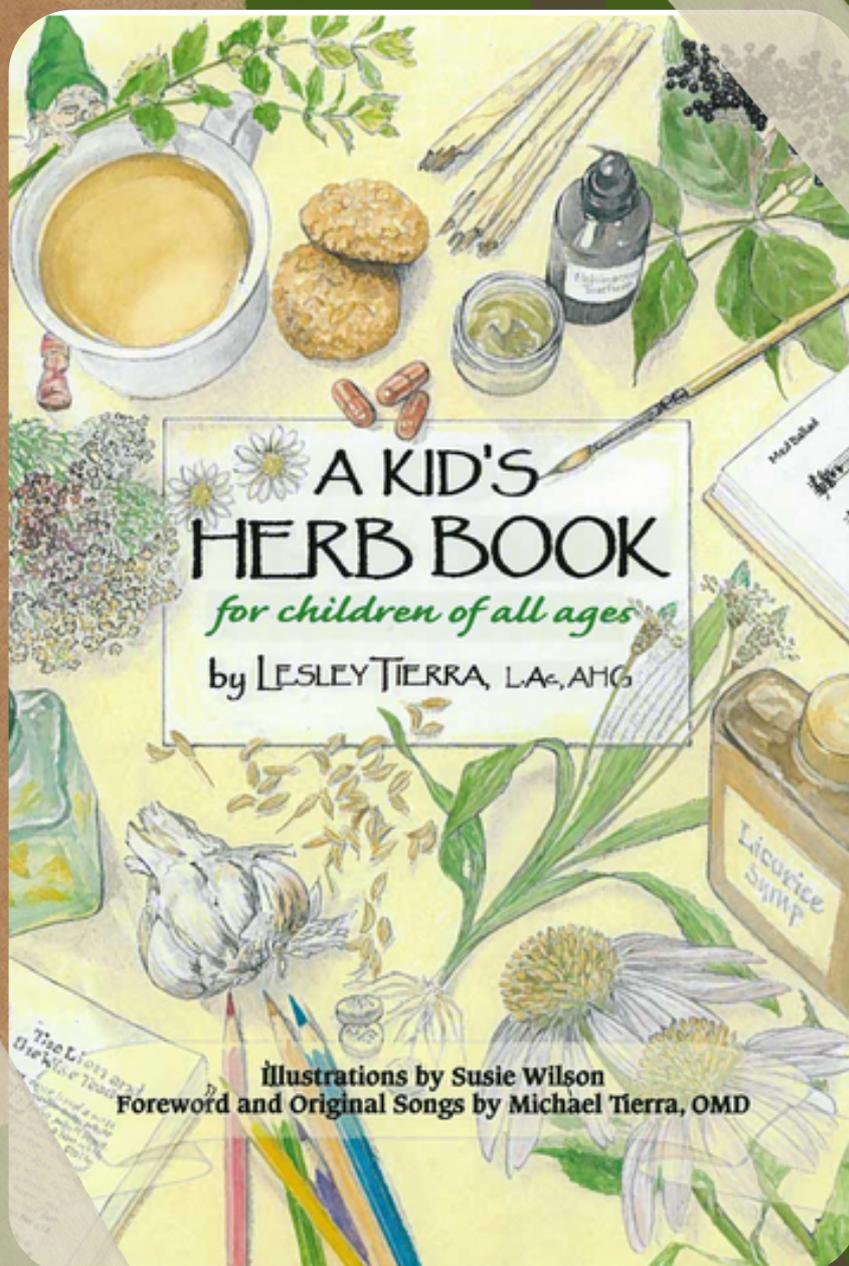
U.S. astronaut Don Pettit brought sunflower seeds to outer space during his 2012 trip to the International Space Station. He planted the seeds and documented his out-of-this-world gardening journey by taking photos of the growing sunflowers and sharing his experience through a blog.



# SPRING EQUINOX BOOK REVIEW

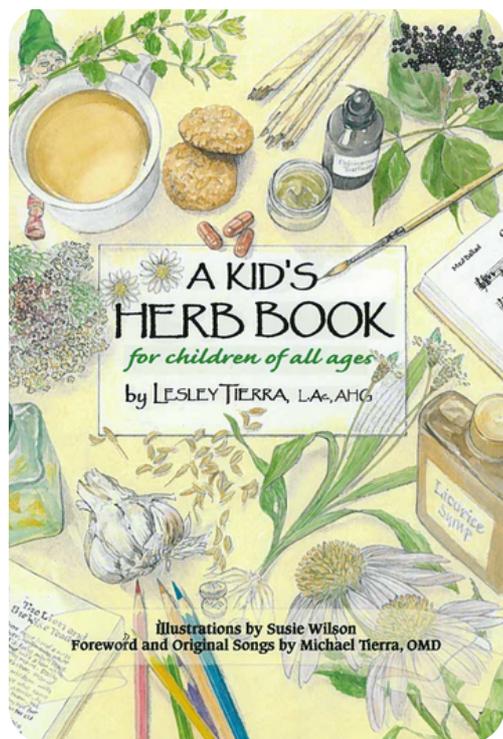
## A Kid's Herb Book

by Lesley Tierra



Illustrations by Susie Wilson  
Foreword and Original Songs by Michael Tierra, OMD

Review By  
**Brittany Phillips**



## LEMON BALM TEA

The best way to make lemon balm tea is an infusion. This is because lemon balm has a lot of volatile oils. These oils are what give lemon balm such a wonderful strong odor. Follow the directions for making an infusion, using 1 large handful of fresh lemon balm plants, or 1 teaspoon dried lemon balm for each cup of tea.

### CHILDREN'S HAPPY POTION

Do you feel sad or blue? Well, cheer up with the Children's Happy Potion! Lemon balm and chamomile tea is a perfect combination for many children's complaints: restlessness, insomnia, whining, crying, colic, teething, sadness and depression. To make:

- Infuse 1 teaspoon lemon balm and 1/2 teaspoon chamomile in 1 cup of water.
- Strain and sweeten to taste.



#### LEMON BALM, THE HAPPY HERB

Did you know that lemon balm comforts the heart and drives away sadness? It does this by soothing the nervous system, which lifts the spirits. A famous Greek physician, Galen, said that "Lemon balm doth maketh the heart merry." It used to be combined with lemon peel, nutmeg and angelica root for all nervous problems.

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# A KID'S HERB BOOK

## BY LESLEY TIERRA

Many of us have memories of warm Summer days in the yard, grabbing handfuls of plants to mix into "potions" with mud and dandelions. Perhaps, you have little one's in your life that create similar concoctions! If I could recommend any book to a young, budding naturalist, it would be *A Kid's Herb Book*. This is the perfect book for kids (and adults) that are curious about herbs, but want to start with safe, familiar plants that can be found in the backyard or grocery store. It is rare to find a book that offers a wealth of practical information while also maintaining a sense of wonder and whimsy to keep even the youngest readers enchanted.

From the lovingly hand-drawn sketches, to the songs and chants, this book is as much playful as it is educational. Along with information about many herbs, you can also learn history and lore behind them, meditations to get to know their uses, and even kid-friendly recipes like homemade marshmallows and root beer.

Whether you are a beginner herbalist or a proud parent of a potion maker, there is something for everyone in this book. It has earned a place of honor on our shelf, and we still return to many of the recipes and remedies after all these years. We hope you enjoy this book (and the lemon balm "Happy Potion") as much as we do.



# HELP WAKE UP THE FAIRIES



To make this craft,  
you will need:

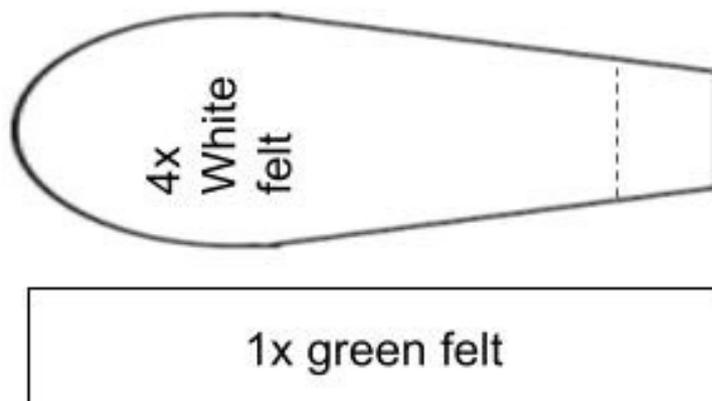
- White felt
- Green felt
- 2-3 ft green ribbon
- A small craft bell
- Needle
- Green thread

*Spring is here and the Earth is starting to wake up! One of our favorite traditions is to go out into the woods near us and “wake up the fairies” that take care of the plants and animals. You can tie bells and ribbons to cool sticks you find on your walk and give them a shake as you go, or you can make a snowdrop necklace with a tiny bell. Snowdrops are some of the first flowers that bloom, and they are easy to spot because of their bright petals.*

Step 1: cut a length of ribbon that will comfortably fit around your kid’s head, then thread the ribbon onto the bell. Tie both ends together.

Step 2: Use the patterns below to cut out 3 or 4 white petals and a green strip of felt. Place the petals around the bell and secure them onto the ribbon with a little bit of thread.

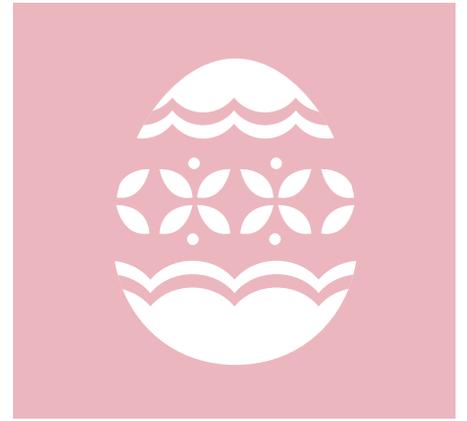
Step 3: Wrap the green strip around the tops of the petals. Use the green thread to sew it in place and cover the tops of the petals.



Hop on over and join us!

# Spring Equinox Celebration!

Hosted by UUCCI & Tree Of Knowledge



Get ready for a fun-filled day of games and surprises!

**Saturday, March 18th | 3-6 pm**

**Unitarian Universalist Congregation of Columbus, IN**

There will be egg hunts for kids AND adults, so be sure to bring a basket for everyone in the family, a side dish to share, and a donation for the Bartholomew County Humane Society!

# GO ALL NATURAL!

## HAVE FUN EXPERIMENTING WITH NATURAL EGG DYES THIS SPRING

You can charge your eggs by drawing a rune, sigil, or other symbol on them with a white crayon before dying.

Red: Soak in beet juice or red cabbage juice for 30 minutes

Pink: soak in cranberry juice for 20-30 minutes

Blue: make a tea with violet blossoms and soak overnight OR soak in blueberry juice for 30 minutes

purple: soak in grape juice 30 minutes

Yellow: Mix 1 cup hot water, 1-2 tsp turmeric, and 1/2 tsp vinegar. Wait for the water to cool before soaking the egg.

Golden yellow: add yellow onion skins to the water when you hard boil the eggs

Brown: soak the eggs in **STRONG** coffee or espresso. 30 minutes for light brown, or longer for a darker color

Green: mix the leftover turmeric and red cabbage water, then soak eggs for 30 minutes



**Dear Parents,**

**We are so excited to offer events and social groups where our younger family members can make new friends, have fun experiences, and explore their own spiritual paths. It has been such a blessing to see so many amazing families come together this last year to help build a circle of care and support for the youngest members of our community.**

**I wanted to personally thank everyone who has joined us in the past year as we've grown in numbers, created year round events for all ages, connected with amazing friends at UUCCI, and helped others with community service projects. In the coming months as we enjoy celebrations, new friends, and a community for all spiritual seekers, please take a moment to look around you; feel the joy and love that fills our gatherings. Know that this is all possible because of your care and support. Thank you all!**

**Blessed Spring,  
Brittany Phillips**

**Community Coordinator  
Tree of Knowledge Coven**

**Office Administrator  
UUCCI**

