



These days I oftentimes find myself saying those words to my two children, age eight and two. Usually they are in the midst of a meltdown because they are either hurt (by their own doing!) or things have not gone their way. Whatever the reason, they are now in distress about the situation and are not hearing what I'm saying to them. By inviting them to take a deep breath I am trying to slow them down enough so that they can hear and explain what's happening.

Today, I invite you to do the same: take a deep breath. The news headlines, social media feeds and our personal lives can be a lot to balance. We carry the weight of ministry, our families and so much more that we may be in distress and not even know it. There are so many ways we can regroup ourselves to find the north star of our faith that calls us to have hope. The spiritual practices of prayer and meditation, body work of yoga or resistance training or even fun activities like family game night (I do not recommend Monopoly LOL) or dance parties can all leave us feeling refreshed.

Sometimes in life we feel like we need permission to step away and take a breath. Here's your permission. Take a deep breath!

Peace and Blessings,
Rev. Trayce L. Potter
(she/her/hers)



**Have a
prayerground?
Tell us about it!**

Upcoming Webinars

Preaching Together: Living Stories Sermons and Intergenerational Worship

[Rev. Peter Levenstrong](#)

St. Gregory of Nyssa Episcopal Church

What happens when the sermon becomes a conversation? Living Stories Sermons is a collaborative preaching method that invites the whole congregation—children and elders, newcomers and longtime members—into the act of interpreting Scripture together. Drawing from Montessori and Godly Play pedagogies, this approach uses simple wooden figures, felt underlays, and open-ended wondering questions to transform preaching from monologue into shared theological imagination. In this webinar, participants will experience a Living Stories Sermon firsthand, explore the theological and pedagogical principles that shape the method, and leave with practical resources for bringing collaborative, intergenerational preaching into their own congregational contexts. Whether you serve a large parish or a small church, lead youth ministry or preach weekly, this session will offer a fresh vision for what the sermon can become when we trust the whole Body of Christ to do theology together.

Registration closes April 6, 2026.

[Zoom | April 8 | 12 – 1:30 pm Eastern](#)

Love of Children Recommended Children's Books from The Pilgrim Press

The Pilgrim Press is the publishing house for the United Church of Christ that [“provoke\[s\] the soul for the sake of the world.”](#) Part of that soul-provoking is found in its selection of children's books, with more books for children and their parents being added on a regular basis. These selections feature topics that are in line with the United Church of Christ's theology and values around inclusivity, justice for all people, and creation care.

Here are a few quick reviews of our favorite books from [The Pilgrim Press](#) that can help children to navigate their life experiences with God by their side:

Books That Bring God and Spirituality Into the Mix

Such a Busy Sunday follows Tina, her brother, and their two dads through their busy Sunday — at home, in church, at the park — allowing us to witness how their faith is a part of their everyday lives.

God Is, written by Rev. Kaji Dousa, a prominent New York City pastor and immigration rights activist, helps young children to understand who God is and who God is not (i.e. “God is love,” “God is not a bully”) through simple couplets and charmingly colorful images of all types of children.

Slug and Snail Series (*Slug and Snail Search for Home*, *Slug and Snail Search for Peace*, & *Slug and Snail Search for Love*) follow Slug and Snail, “the slowest of fast friends,” on their adventures to seek out the meaning of each of these concepts through their friendship and their wondering about the world. As they visit other animal friends, they discover much about the wider world and each other. View an introductory video [here](#).

Sammie's Flat Dog follows a child who draws a “flat dog” picture to carry with her so she can show how responsible she will be when caring for a pet. During this process, Sammie and her moms learn about puppy mills and animal shelters. This helps them to make the decision to adopt a dog and give it a forever home.

Bible Books

Picture the Bible includes 53 bible stories that provide an overview of God’s love through favorite bible stories. The delightful artwork was commissioned by First Congregational United Church of Christ of River Falls, Wisconsin as part of their study of the Bible. The characters are representative of our diverse world, and each story focuses on God’s love.

Your First Bible: A Reading Guide for Kids is for middle elementary age children who may have received their first full-length Bible. This reading guide with “quick start” suggestions and “Bible Nuts & Bolts” will help them to understand how the Bible is put together, helping them to develop a love for scripture. Also included is a section with suggestions for specific scriptures to read when they are experiencing life’s various emotions, as well as a page for parents.

Books That Help Children Process Death

My Heart Sings a Sad Song, written and illustrated by a certified grief counselor, tells the story of a young rabbit who experiences loss. Children who are processing their own grief will find comfort in joining the rabbit on his journey. Included at the end are eight recommendations for processing a loved one’s death and blank pages for children to use for drawing, writing, and doodling their feelings and responses.

Water Bugs and Dragon Flies is the classic 1982 allegorical tale that helps children to understand that death is not the end, and offers comfort to people of all ages. The 1997 edition includes a page addressed to parents as a helpful guide for talking with their children about death. The 50th Anniversary Edition includes original magazine articles about the book by the author, and updated illustrations by the artist for the Slug and Snail series.

April Fun Days:

April 1: Passover Begins

April 3: Good Friday

April 5: Easter Sunday

April 10: Golfer's Day

April 13: Scrabble Day

April 15: Titanic Remembrance Day

April 22: National Jelly Bean Day

April 25: World Penguin Day

April 30: Hairstyle Appreciation Day



For more information feel free to contact Rev. Trayce Potter
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[Love of Children Website](#)

The Love of Children Website offers resources, stories, and support for children's ministry. Find tools for prayergrounds, intergenerational worship, and creating spaces where children are fully part of the church. "Let the little ones come to me."

You can find these previous webinars on the Love of Children Website: ucc.org/childrens-ministries/

- Storytelling with Spirituality
- The Meaningful Inclusion of Children in Worship: Theology and Practice
- The Impact of Social Context on Emotional Growth
- Trauma-Informed Ministry with Children
- Passing on the Faith to Children: Supporting Caregivers with the Process.