



Grace, Peace and Hope to You today,

Today I'm going to share my understanding of warm fuzzies and cold pricklies. This lesson is inspired by a children's sermon that I remember from childhood by Rev. Donna Pappenhausen. Every time you meet someone at school, church or online via ZOOM it's an opportunity to share. Some of us share warm fuzzies, others share cold pricklies, whether we mean to or not. Warm fuzzies are the feeling when our smile meets our eyes when we say "hello," and when we listen deeply to hear what someone is saying from their heart rather than reacting to their words. Warm fuzzies are also when we notice someone's sparkle.

Warm fuzzies can be given back by thanking folks for their sparkle. It helps brighten someone's day when people notice how God is working in them and through them. It's also good to let folks know if you miss their sparkle and how their joy brings you hope, courage and peace.

During these times of COVID it is especially important to notice how others are, especially when they are down and let them know you care. You are Hope. You are Peace. You are Joy for those in need.

Have you heard of A.A. Milne's character Tigger losing his bounce? What did that mean? I think "bounce" could be another way to say sparkle. Do you?

Growing up we called my brother "Jonny-jump-up" when he was small because he jumped up and down a lot. Anyone in your life like this? Jonathan had "happy feet" and always bounced if given the opportunity. As a family we also love the purple, white and yellow violet named Johnny Jump Up that "jumps-up" to surprise and delight us in the garden and the grass.

Warm fuzzies can be given to a stranger at the grocery store as we thank workers for their help. Noticing warm fuzzies and sparkles makes room for more warm-fuzzies and sparkles. If the Butterfly Effect is true and a flap of a butterfly's wings can impact the weather, I say the Warm Fuzzy Effect is probably true too.

Cold pricklies in contrast are that sinking feeling you get when someone doesn't respond when you say hi. Cold pricklies are what happens for everyone when we exclude instead of include friends, classmates and family members. Cold pricklies are what we offer when we call people names or point out mistakes in ways that make people feel bad. Sadly, when we notice cold pricklies, we are opened up to notice more cold pricklies. Pastor Andy says what gets our attention gets us.

Families and individuals could make a Warm Fuzzy Jar with something as simple as a recycled Mason Jar and pom poms from the craft store like the ones in my picture. Kids of all ages love tangible ways to see that they are growing and learning in love. Incentives like a walk in the woods, ice cream, or a movie would be a great way to encourage everyone to be loving. Everyone wins when everyone focuses on warm fuzzies and sparkles. God's love is present with us when we share it. We share God's love through appreciating the precious gift from God that is our mother or father, sister or brother, neighbor or friend. Sometimes we even feel God's love through strangers. Whether you give out warm fuzzies or simply appreciate and thank God quietly for a stranger's help, *God knows You and God Loves You just as you are.*

This week I'm going to have a pocket full of warm fuzzies to offer friends and strangers as the spirit moves. There are a couple of places that I'm going to bring a bowl of warm fuzzies to thank individuals that I count on to show up and be themselves and the blessing I consider them in my life. While not personal friends, there are bankers, shopkeepers, doctors and teachers that I count on for help and support routinely. It's always good to notice someone doing something right.

Pastor Andy says, "What gets your attention gets you." Let's let God's love as reflected through Christ, Creation and each other be what gets our attention. Perfect love casts out all fear.

Let us Pray:

Jesus, you tell us to Love One Another. One way we show love is to give and receive warm fuzzies. We remember God that You appreciate our quiet prayers of gratitude as much as the warm-fuzzy-giving champion of the galaxy. Help us to notice your presence within others and shine our lights of love, hope and joy as we walk The Path with you today Jesus. Thanks for showing us The Way.

Peace and Grace,

LeeAnne