

# REFRESH AND RENEW

“Springtime dawns again and clothes everything with a new garment of life.” —‘Abdu’l-Bahá

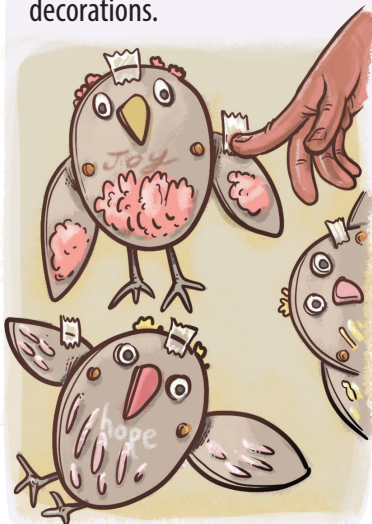
**S**pring is a season of growth and renewal! Blossoming flower buds and warm breezes can refresh our bodies and spirits. This spring, Naw-Rúz, the Bahá’í New Year, falls on March 21.

Then, from April 21–May 2, the Festival of Ridván honors Bahá’u’lláh’s declaration that He was a Messenger of God. Check out these ideas for fresh opportunities to connect with friends, family, and neighbors.

## FLOCK OF FRIENDS

Cut out a 6" x 3" oval and two bird wings from cardboard. Punch hole at top of each wing and on each side of oval. Use paper fastener to attach wings to body.

Draw eyes and beak. On body, write a quality that helps your spirit soar, such as joy or kindness. Decorate birds with colorful craft supplies, such as fabric, yarn, beads, or decorative paper. Use as party decorations.



## FAVORITE THINGS



Give each guest a sheet of paper with five prompts: Favorite Community Activity, Virtue I Admire, Hobby, Favorite Food, and Future Goal. Everyone writes down their answers and folds paper in half.

Collect papers, shuffle them, and give one to each player. Everyone reads their paper and mingles, asking questions until they find its owner.

## SHOOT FOR THE QUOTE

First, put a Bahá’í quote on index cards by writing one word per card. Make two sets. Then set up a hoop.

Create two teams. Players take turns shooting baskets with foam ball. Each basket earns their team a word. The first team to earn all the words for their quote and put them in the right order wins.



## TEA COOKIES



Mix 1½ cups softened butter, 1 cup sugar, and 1 tsp. vanilla. Add ¼ tsp. salt and 3½ cups flour. Shape dough into flat disc, cover, and chill for 30 minutes.

Roll out dough until ¼" thick. Cut into rectangles. Trim top corners to look like tea bags. Poke hole at top of each. Bake at 350° F for 20 minutes. When cool, dip ends in melted chocolate and let dry. Write brief quotes on squares of decorative paper, staple each to 6" string, and thread string through hole.



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