

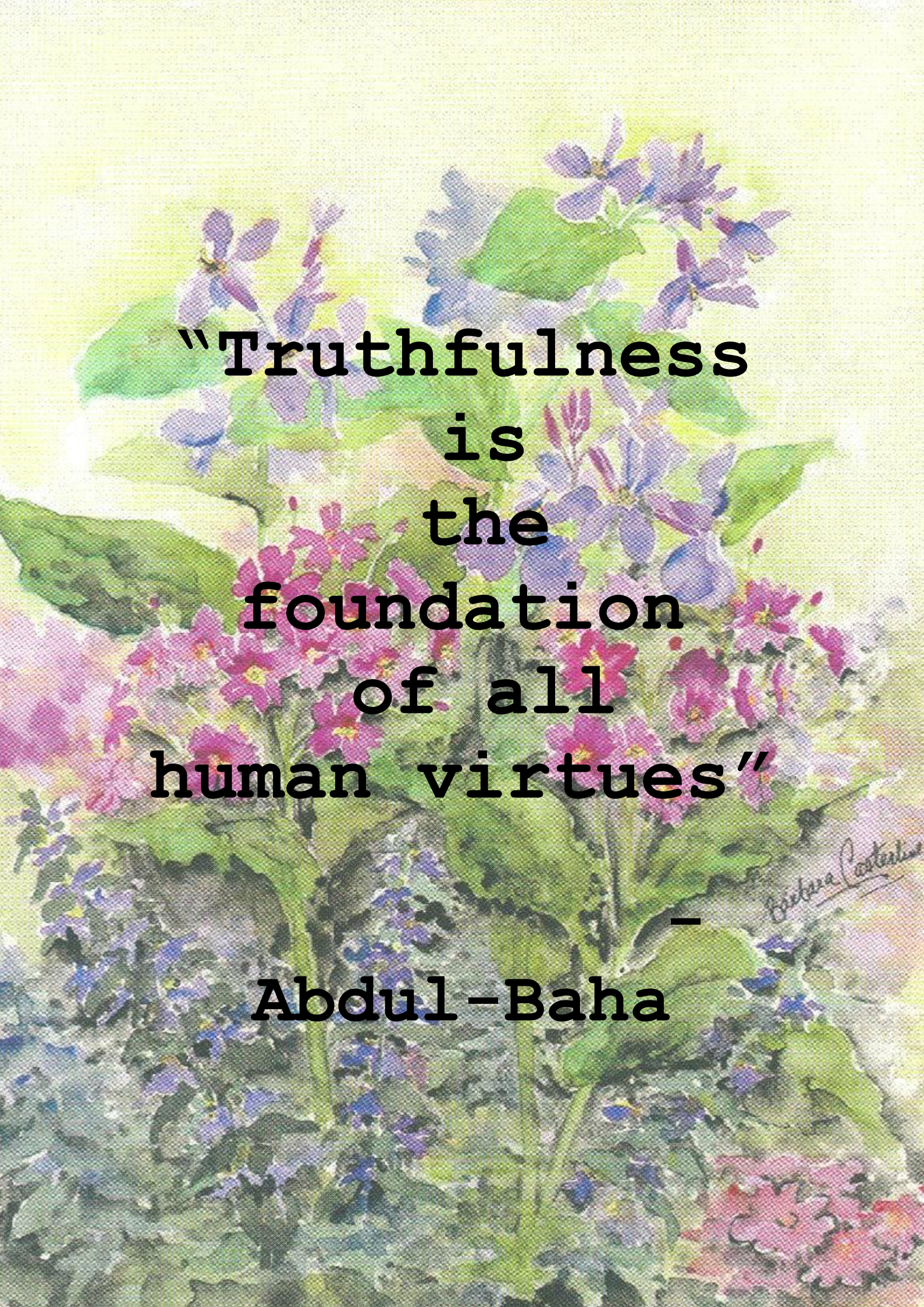


Hiru no Hoshi

No. 251

Contents

- 2..... Words of Baha'u'llah
- 3..... Truthfulness
- 6 Quiz
- 7..... Guided Meditation
- 8..... Art Project
- 9..... Dot to Dot
- 10. Photos
- 12. Parents' Page



**"Truthfulness
is
the
foundation
of all
human virtues"**

Abdul-Baha

Barbara Costello



It was a windy, fall day in Okinawa, and the 5 little children had just come in from playing “4 Square” with their ball, in the empty lot next door. Riaz and Asma ran

to get something cold to drink out of the refrigerator, Shahla and Mona went into their room, and Anisa excitedly told Mother all about how the big kids let her play!

All of a sudden there was a scream from the girl’s room.

“MOMMY!!!” yelled Shahla.

Then very loud crying was heard from that very little girl. With tears streaming down her face, Shahla came out with her favorite doll, the one Asma had let her buy for herself, instead of her getting his birthday present. She was carrying the head in one hand and the rest of the body in the other.

The children and Mother all gathered around Shahla, and the sad little doll.

“WHO PULLED OFF ANALISA’S HEAD!” sobbed Shahla.

“RIAZ! It was YOU wasn’t it!” yelled Shahla.

“ME! I wouldn’t touch your stupid doll! You think I go around playing with dolls when no one is around!” Laughed Riaz.

Shahla looked around at everyone, then, she stopped and stared at little Anisa.

With that, all eyes turned to Anisa.

“Anisa, did you break Shahla’s doll?” asked Mother gently.

“No.” said Anisa looking down.

“I bet it was her Mom, she always wants to play with it and Shahla never lets her.” pointed out Mona.

“Come on fess up Anisa! I do some bad things sometimes, but I always tell the truth about them!” said Riaz grabbing Anisa’s arm.

“No!” cried Anisa, pulling away from Riaz, as the tears ran down her face.

Mona got down on her knees in front of Anisa and said, “It was probably an accident right ‘Neasie’.”

“Ya gatta tell the truth,” joined in Asma gently, “Mom always tells us it’s better to be punished for something in this world, and learn something from it, then to wait and be punished in the next world when it is too late to fix it.”

“Truthfulness is the foundation of all human virtues!” recited Riaz virtuously.

Anisa sat down on the floor with her hands over her face crying more than Shahla was.

Mother gathered Anisa up in her lap and gently took the poor doll from Shahla.

Twisting and pushing, she finally got the head back on the doll. Straightening the dolls dress she lovingly handed it back to Shahla and said, “Do you guys want to hear a story about how important truthfulness is, and why it is the foundation of all human virtues?”

Shahla, rocking her dear doll and glaring at Anisa, sat down next to Mother. The other children joined the circle, and Mother started.

“Once upon a time there was a very naughty little boy. He would pull the cats tail, tease the neighbors dog, and he would play with his big brothers toys without asking, and sometimes break them!.....He would eat the desert his mother had made for their guests, and then tell



his mother he didn't know who did it. He would even, sometimes, take his friends homework and put his name on it and say it was his.

Now this little boy, was not really a bad child.....he had a good heart, and really wanted to be good, but it was so hard for him....he would do something naughty without thinking about it, and then he was sorry, but instead of saying sorry, he would lie and say he didn't do it. He did this so no one would be mad at him, because, really, he wanted everyone to like him.

One day, his grandmother came to visit. Everyone said she was the wisest person they knew....and also she liked little kids a lot. So the naughty little boy decided to ask her for help.



When no one was around, and she was sitting, rocking in her rocking chair, he quietly went up and crawled into her lap. He told her all about how he wanted to be a good boy instead of a naughty boy. And asked her if she could she help him. She asked him what kind of naughty things he did. He put his head down, ashamed, and mumbled some of the bad things he had done, just that day. He told her that the frog in her shoe this morning was really put there by him and hadn't really jumped in by itself, like he had told everyone.

Grandmother smiled, and said "Don't worry about all those naughty things you do. From now on, just be quite sure to always tell the truth, just that....don't even think about being good in any other way."

The little boy was so happy....."I can be as naughty as I want and have all the fun I want!!! Just tell the truth!!! I can do that!"

So the next morning the little boy set off to play with a happy heart, because he could do anything he wanted as long as he always told the truth.

First thing he saw when he went outside was a cute green lizard.

"Ha ha! how my sister will scream when she finds this in her bag!" thought the little boy..... "uh oh, wait a minute, I have to tell the truth.....if mom asks me how the lizard got in there, I will have to say I did it and then she will be really mad at me".

He walked on leaving the little lizard.....He saw his brother's skateboard.

"Ho! ho! I think I will take a little ride", he thought. But then, he remembered that if his brother asked him he would have to admit he used it without asking.....so he didn't do that either.

He was getting pretty bored, and then he saw the neighbor's dog tied in the yard.

"Oh boy lets have some fun with this silly dog!" and he got a stick to tease it with.....

"Oops, if the dog starts barking, the neighbor will come out and ask why! I will have to tell the truth!" So, he just walked on.

The whole day was like that! He didn't do one naughty thing, because each time, he remembered that he had to tell truth.

That night when he went home, his mother, father, sister, brother and grandmother all showered him with praise at how good he had been that day. He got so much love and attention, that he decided from then on he would always tell the truth, so that he would never do naughty things again."



When the story was finished, everyone looked at Anisa. Anisa dried her tears and said in a very small voice.

“I’m sorry ‘Shahly’, I was just trying to change her dress and the dress wouldn’t come off, but the head did. I didn’t mean to hurt her. Is she OK now?”

Shahla still glared at her, then looked at her precious doll again, and said, “OK, Anisa, but don’t EVER touch her again without asking!”

“I promise I won’t EVER do it again!” said Anisa solemnly.

Mother smiled and gave both girls a hug, and said. “How about making some Virtue Houses to understand more clearly, how important truthfulness is.”

With that, she went into the other room and came back with a deck of cards, but instead of numbers on them, there were virtues on each one, such as Love, Respect, forgiveness, Helpfulness, Obedience, Kindness, Generosity, Unity, Reverence, Humility, and others.

She gave four cards to each child and said, “OK, make your Virtue House.”

The children tried to stand up the four walls of their houses, but the cards kept falling down.

Finally Mother said, “Oh, I forgot to give you the foundation!”

She handed each one of them some clay, as she explained, “This is truthfulness, the foundation of all of the virtues.”

Riaz taking the clay said loudly, “Yeah mom, I am sure you ‘FORGOT’ to give us the clay!”

The children flattened out their clay and stuck the four cards into the clay to make their ‘Virtue House’. Even little Anisa had no trouble getting her virtue walls to stand up.

Then Mother gave each one of them a piece of colored construction paper, folded in half and had them write ‘courtesy is the prince of virtues’ on it for their roof.

Mother explained, “See, the house wouldn’t stand up without the foundation. We need truthfulness. It is the most important virtue, without it we can’t keep any of the other virtues we have already learned.

Asma suggested “Lets write the word ‘truthfulness’ on the clay inside each house. So we can show everyone how important it is.”

The children put the five beautiful ‘Virtue’ Houses in the front room to show Daddy when he came home that night.

And when it was time for the little girls to go to bed, Shahla let Anisa hold her doll, and both girls fell asleep with smiles on their faces.



“Without truthfulness progress and success, in all the worlds of God, are impossible for any soul.” Abdu’l-Baha

Quiz

1. Why was Shahla crying?

2. Who broke the doll?

3. In the story that Mother told, whom did the little boy ask for help to become good?

4. What did the grandmother tell him to be sure and do?

5. Why didn't the little boy do anything naughty that day?

6. What happened when the little boy went home?

7. What did the boy learn?

8. What kind of houses did the 5 little children make?

9. What did they need to make their walls stand up?

10. What did you learn from this story?

How did you do? Did you get them all right?



The answers are on the Parents' Page.

Virtue House

Material

- *Colored cardboard cards (*construction paper is not stiff enough to stick into the clay.*)
- *Construction paper for the roof
- *clay (foundation)
- *markers
- *scissors
- *tape

Method

- *Write 4 different virtues on 4 colored cards
- *Try and stand up the virtue walls without the foundation.
- *Get the clay and flatten it, stick the virtue walls into the clay.
- * On one of the virtue walls cut a door.
- *Put a piece of paper with the word “truthfulness”, on the clay.
- *Fold the construction paper in half and cut to fit the house.
- *Write “Courtesy is the prince of virtues” on the roof.
- *Put the roof on the house.
- *When it is all finished, to make it a little more sturdy, put some tape on the corners and to hold the roof on. (maybe the tape could be “obedience” ?)



TRUTHFULNESS

Now it is time for us to take a special journey to help us remember what we have learned so far. First, let's prepare for our journey. Close your eyes and be still. Take a deep breath, hold it, and blow it out. Do it one more time. Squeeze your arms, and let them loose. Squeeze your legs, then let them loose.

You are playing outside when your mother tells you to come and meet a special visitor: you go to the door and find a magical friend. This friend talks directly to your heart. It is a special friend, who reminds you that everyone is special. This friend will be with you on your shoulder all day. Everywhere you go, the friend will remind you not to laugh when someone falls down. The friend reminds you to clap when someone does a good job, and to smile at people. The special friend also lets you know when you are doing well, encouraging you as you go. But most of all your friend reminds you to be truthful.

You see someone who looks very different from you. You smile and say hello. Next, you see that a child is crying, you reach out your hand to help. This child is very polite, and now you have made a new friend. This makes you so happy.

You go home. And mother is asking you who ate the last cookie. She sounds upset, but your special friend reminds you about being honest. You tell your mother that it was you. Your mother smiles and says, "thank you for being truthful." You decide the next time you want a cookie, you will ask. Your special friend smiles at you, so very proud.

When you open your eyes, the special friend will become invisible, but you will still be able to feel guided every day.

さあ、これからすてきな旅に出ましょう。先に準備をしましょう。目を閉じて。気を静めて。息をすって、はいて。もう一度すって、はいて。腕をぎゅっとして、力をぬいて。足をぎゅっとして、力をぬいて。

あなたは外で遊んでいます。そこであなたの母はあなたに新しい特別な友達を紹介しました。この特別な友達は魔法の友達で、あなたの心にちょくせつ話すのです。この友達はみんなの特別さを教えてくれます。この友達はあなたのかたに乗り一緒にどこでも行きます。こけたひとをバカにしない事とか、がんばる人を応援する事などを教えてくれます。そしてもちろん、あなたに対してもこの特別な友達はきちんとほめてくれます。特にあなたが正直な気持ちで他の人を扱う時。

自分と見かけが全く違う人を見てあなたは素直に微笑みあいさつをします。泣いていて困っている子を見てあなたは手を差し伸べます。その子はとても礼儀正しい子であなたたちはすぐに友達になれました。



あなたはとても嬉しい気持ちになって家に帰ります。でもお母さんは少しおこっているみたい。最後のクッキーを誰が食べたのですか？と聞かれドキッとします。でもあなたの特別なお友達があなたに正直に答えるようにと言います。自分が食べたことをきちんとお母さんに言います。そしてお母さんは正直に答えてくれてありがとう、と微笑んでくれました。あなたは思います、今度からはクッキーを勝手に取らず、先に聞いてから食べよう。自分は

正直な方がいいと感じるのです。特別な友達もとても喜んでるみたい。

あなたが目を開けると、この魔法の友達は透明になります。でも心の中でいつも導いてくれるとやくそくをしてくれます。

用意ができたなら目をあけてください。

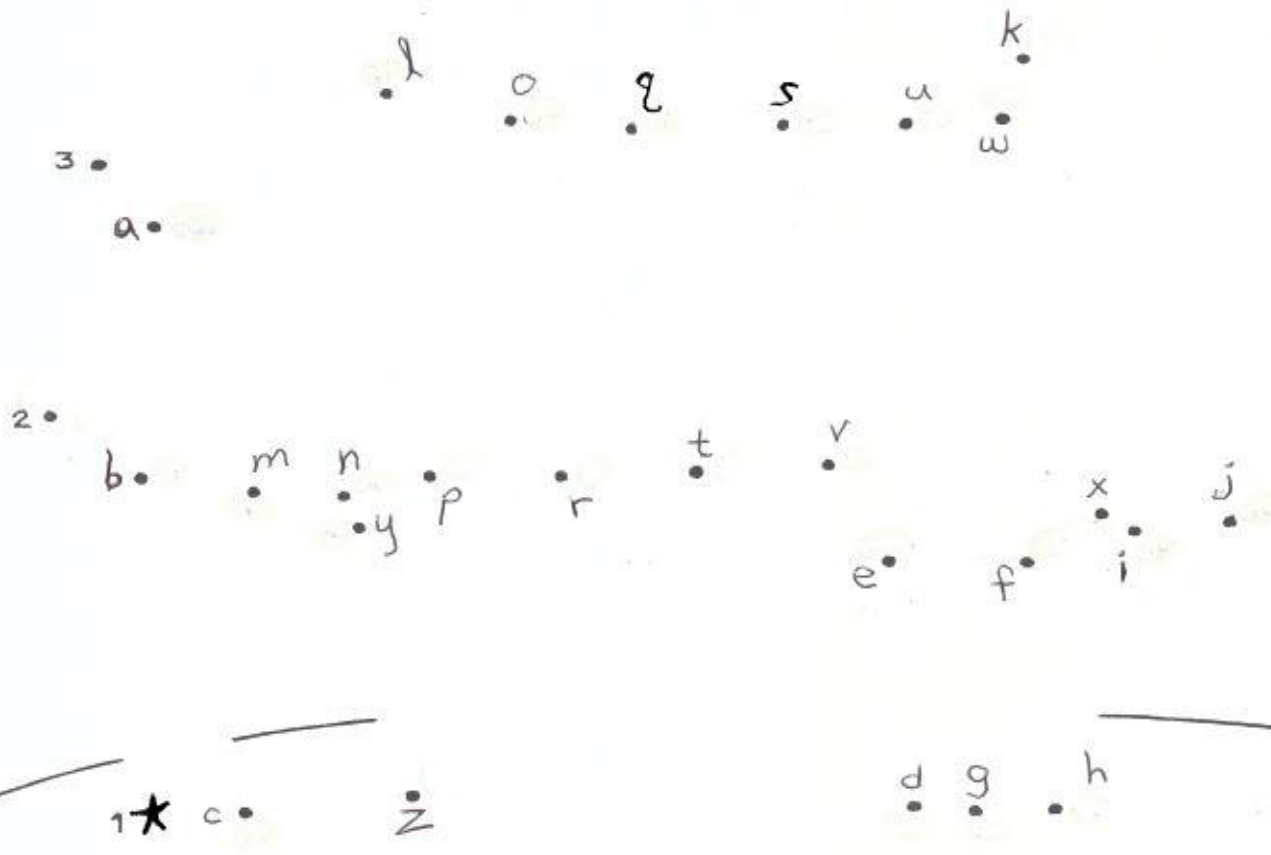
～正直～

Dot to Dot

Start at * 1, keep going until 49,

then go to "a", then.....all the way to "z"

Follow the dots... and what do you see?



Photos





Parents Page

We are the first teachers of our children. They are constantly learning from us, even the things we don't want them to learn. Every time we tell a friend on the phone we are busy and can't see them, and then go watch T.V., or any other meaningless little lie we might say to a salesman or stranger...the children are learning from us that it is OK to lie.

Have we ever given an outrageous threat to our children? "If you don't stop fighting I am going to let you both out of the car and leave you there!" Have we ever threatened a punishment and then not gone through with it?...Every time that happens we are teaching our children not to trust what we say, as well as teaching them that it doesn't matter if you promise things you don't fulfill.

We have learned, "*Beware, O people of Baha, lest ye walk in the ways of them whose words differ from their deeds.*" And, "*Let deeds not words, be your adorning.*" Therefore we must strive to show truthfulness in our daily life. We teach our children "*Truthfulness is the foundation of all human virtues*" with own actions.

One important way to do that is never threaten a punishment when we are upset...warn the child that a consequence will be forthcoming, and then cool down, pray about it, and then loving explain to the child what the consequence (punishment) will be for his actions...once said, don't change your mind if the child looks sad or cries or complains. Raising children is an education for the parents as well as the children.

We are all going to make mistakes. That is how we learn...just like our children.



Answers to the Quiz:

1) Someone broke her doll. 2) Anisa. 3) His grandmother. 4) Always tell the truth. 5) Because he had to tell the truth about what he did. 6) His family all praised him. 7) He learned to always tell the truth. 8) Virtue houses. 9) They needed the foundation, truthfulness. 10) Always tell the truth.



If you have stories of your children learning a virtue or anything connected to the Faith, please send them to us, so we can have stories of "A little boy in Yamaguchi" or "A little girl in Akita". You can either write the story yourself or send the details and we will write the story. Either English or Japanese is fine. We also are waiting for pictures of Children's Classes from your community, or drawings from your children. Please send all stories and pictures to hirunohoshi@gmail.com or yb7mb7@bma.biglobe.ne.jp

Hiru no Hoshi

**Published: / September, 2012
No. 251**

To print out Issues in color of Hiru no Hoshi see our site
<http://www.bahaijpn.com/daystar.htm>

The National Spiritual Assembly of the Bahá'ís of Japan
13-2-7 Shinjuku, Shinjuku-ku, Tokyo-to
160-0022
Tel. 03-3209-7521 Fax 03-3204-0773

Hiru no Hoshi Committee: Nao Hara, Seishi Hirahara, Luana Hirahara, Edana Almanza

Story: Luana Hirahara,

Translator: Seishi Hirahara,

Dot to Dot: Island Heritage

Meditation Page: Edana Almanza

Photographs: Luana Hirahara, Takahiro Ishigawa

Art: Steven Paschal, Larry Curtis, Luana Hirahara, Barbara Casterline, Kaori Hiramoto

Technical Advisor: Nozomu Sonda

Supervisor: Yuichi Hirano