

# *No Fear Skeleton*

Death is something that happens all around us all the time, but we tend to think about it a little more at this time of year because of Halloween and All Souls Day. One of the benefits of All Souls Day is that it helps us to know that in death we have nothing to fear because Christ will raise us to new life.

Death can be scary for many people, and skeletons, a symbol of death, can also be a little frightening. Pass this skeleton around your table at home with a pack of crayons. Give each person in the family an opportunity to add one thing to the skeleton. You can draw something on the skeleton or draw something in the background. Continue passing the picture around the table until the skeleton is all dressed up and you're satisfied with the background. Silly additions are welcome. Have fun with this.

After you have finished decorating the skeleton, consider the following:

*Notice how the picture is not as scary as it was before we added things to it. We've added things that are normally associated with the living, not the dead. For example, dead people don't need clothing, but living people do. We have overcome the fear associated with death by putting life into it.*

*The point of this activity is to show that we can take the fear out of death by putting life into it. If you believe that eternal life is beyond the realm of death, then there is no need to fear death. All Souls Day helps us to express our faith that in death we have nothing to fear because Christ will raise us to new life. Eternal life conquers death and dispels our fear. We do not have to be overcome by fear when someone dies or when we think about our own death because our faith tells us that death is not the end of life; rather, death is simply one more change on the path of life, a path that does not end.*

