



# Journeys in the Spirit



October 2010 Children Additional Resources 44.A

Engage Stilling and opening Advice 3

More pictures of places where you can be quiet – from around the Erddig in Wrexham. What quiet places do you know?



Have a look at:

<http://en.wikipedia.org/wiki/Erddig>





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October 2010 Children Additional Resources 44.B  
Respond Stilling and opening Advice 3

## Two more activities for stilling and reflecting

**Feely bags.** *Resources needed:* You will need a cloth bag containing objects from nature – (nothing sharp or scary), paper, scissors, glue and a range of materials for a collage.

Fill your bag with a range of objects from nature inside for the children to feel. In a circle pass the bag around to one person at a time, ask each child to describe an object they can feel without the rest of the group being able to see it.

*Follow on activity.* Shared collage: the objects from the feely bag could be made into a collage with other images that may have occurred to the children and that they then create.



**Ripples on water.** Have a bowl of water and a selection of small stones or pebbles. Drop in a small stone and watch the ripples. Repeat this exercise several times with each child having a turn at making the ripples by dropping in a stone.

*Follow on activity.* Have small bowls of water, a selection of oil based inks, pieces of white card A5 size. Pour a little oil in swirls onto the water and then gently lay a piece of card onto the water. Alternatively, if you have an old record turntable put pieces of card or paper onto the turntable – pierced through the middle so that they are held still. Start the turntable – 33rpm – dribble paint or ink from a brush so that spirals are formed – just like ripples.



# Journeys in the Spirit



October 2010 Children Additional Resources 44.C  
Respond Stilling and opening Advice 3

Advices and Queries written by the children of Dorking Meeting – could your children's meeting do this?



## 'Advices and Queries'

written by the Children of  
Dorking Quaker Meeting.

*'Advices and Queries' are short suggestions and questions which Quakers use to help them think about the way they live. The following were written by our 11 to 18 year old children after they had studied the 'Advices and Queries' used by Quaker adults.*

## Children of Dorking Meeting – Advices and Queries

### Me and God

1. Do you think there is something of God in everyone? This might be expressed in the good things they do, such as helping other people.
2. Do you remember that God is everywhere? In school and at home as well as at Meeting for Worship. God will be looking after you in all these places, even though you may not be aware that God is there.
3. We might think of ourselves as God's children because God loves us, looks after us and forgives us when we do wrong.
4. We may love and worship God in different ways. We might pray, sing hymns, think about God or be thankful for all the good things God has done.
5. The Bible says that God created everything. A lot of things in the world are very beautiful. Do you remember to thank God for these beautiful things?

### Meeting for Worship

6. Come to Meeting regularly. It is an opportunity to relax and be quiet, clearing your mind of the things which happened during the past week.
7. Meeting for Worship is an opportunity to pray to God; a time for yourself and for thinking about what you are doing in your life. It is also a time when you can think about other people, those who are at Meeting, those who are not there and for thinking about people in need.
8. Meeting for Worship is a time for saying something you are really moved to share, but sometimes you may feel happier reading a book; counting in time with the clock; listening to the birds singing; watching people; looking out of the window or enjoying the weather.

### Relating to other People

9. Treat others as you would like to be treated.
10. Make friends in Meeting and bring friends to Meeting.
11. Share the things you have with other people.
12. Be adventurous: go out to new places and meet new people.
13. Have fun, especially with others, talking to them, loving them and helping them.
14. Enjoy writing to pen-friends and to people in prison or in other kinds of trouble.
15. Make the most of your talents and share them with other people.

### Living in the World

16. There are lots of animals in the World and we must try to remember to think about them and make sure the things we do don't hurt them. If these animals are our pets we should look after them properly.
17. The things we need from the World like food, oil, metals and paper won't last for ever. We should share them fairly and not take more than we need.
18. Do you support efforts in school or at Meeting to raise money for charities which help people or animals who are in need?
19. Are you interested in people and places all over the World? We need to love and care for all the World and look after it.