



Journeys in the Spirit

Children's work September 2017 Issue 111



An easy-to-use plan for a Children's Meeting

Make sure you have a little time of worship for yourself and other volunteers before the session – even a few minutes is good. The outline is based on a 45 minute children's meeting.

Materials needed: copies of the people template for each child – *Additional Resource 111.B*, pens, pencils and crayons, a selection of little objects to stick onto the people (seeds, glitter, sequins, rice, lentils or other significant things.)

Gather



Welcome everyone in your usual way and ensure that everyone knows each other's names. If you have been in Meeting for Worship before gathering as children, you might wish to gather in an active way. One idea is to stand in a circle, say your name and an action that starts with the same sound, and then do that action. E.g. my name is Jude and I like jumping, while jumping. Children can be helped to think of actions that match their name and that they can perform safely.

10 minutes

Engage

What is Quaker Worship and how do you do it?

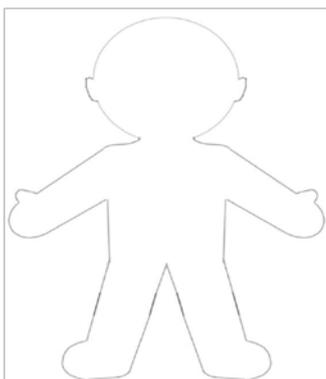
It is not always easy to think about Quaker worship – what it is, how we do it and how it feels. Sometimes it is not easy to do, adults also find it hard and need to practice.

Sometimes just sitting in silence can seem boring and uninteresting. Maybe nothing happens. This activity helps us think of ways to appreciate the quiet.

Now we are going to try a way of settling ourselves so that we feel calm. It will only be for a brief time. Carry out the settling exercise (taken from page 8 of *The Worship Kit* – see sidebar on page 2)

10 minutes

Respond



We have been thinking about settling in meeting for worship. So what are we doing when we try to settle? It might be that we are trying to find "that of God within us all". What does that mean? There are other faiths that believe God is a person, usually a man, who looks over us and protects us. But Quakers generally do not hold that belief. God is more like the good within us, the many feelings within us.

These things are like gifts inside us. There are memories and feelings. They are important for our own stories – stories about who we are, what we are like and what we have to offer. These may be things like gentleness, vibrancy, laughter, delight, curiosity, wonder and many more. All these things are inside us – here in our hearts.

For this activity use the template (*see sidebar on page 3 for Additional Resource 111.B*) to draw the 'people' outlines and then write, draw or stick on things that represent the qualities inside us. These people will be very special – they are each one of us. The children could stick in things like seeds for growth, rice for food and nourishment, sequins for treasure or special memories. When you have finished your people, bring them back into the circle for a minute or two of quiet to finish. The children could spend time talking about their person if they would like to.

20 minutes

Reflect

It is helpful to have some time at the end of the session to reflect and share together as a group.

You might want to ask the following questions:

- Who are the people that help you feel strong and help you recognise that there is that of God within you?
- When worrying or difficult things happen, who might you share these things with?
- What have you recognised about yourself and others that can give you hope?
- Can you continue reflection through drawing or writing in your Journals?

5 minutes

