



Journeys in the Spirit

Children's work November 2012 Issue 69



An easy to use plan for a Children's Meeting about food and our sense of taste

Make sure you have a little time of worship for yourself and other volunteers before the session – even a couple of minutes are good.

This outline is based on a 45 minute children's meeting.

Materials: *A selection of food and drink from the list on page 3 of the current issue of Journeys in the Spirit issue 69 ; spoons, knives, kitchen towel, cups, plates and bowls – pottery if possible, table cloths; a copy of the story of Mary and Martha from page 2 of the current issue of Journeys in the Spirit issue 69.*

Gather: Once everyone is settled and comfortable say that today you are going to be talking about one of our five senses - taste. Have some food to taste (for ideas see Gather on Page 1 of issue 69 of *Journeys in the Spirit*) Say that in a moment or two you are going to tell a story about a meal that Jesus shared in and some problems it caused. Have a little time of stillness and quiet. **5 minutes**

Engage: See the section of Engage on page 2 of issue 69 of *Journeys in the Spirit* Children's work edition. Talk a bit about sharing of food with friends and family sometimes making it taste better. Go on to tell the story of Mary and Martha. **10 minutes**

Respond: Say that, together, everybody is going to make a meal made up of the sort of food that would have been available when Jesus was alive. The meal is going to be for people in the meeting. Follow the instructions in Respond on page 3 of issue 69 of *Journeys in the Spirit* Children's work edition. **25 minutes**

Reflect: Before the shared meal with the rest of meeting have a couple of closing minutes of stillness and quiet. **5 minutes**