



# Journeys in the Spirit

Children's work      November 2016      Issue 106

A simple plan for an all-age Meeting for Worship



**Preparation** – You will need *Additional resource 106.A* or versions of the Good Samaritan or Rosa Parks stories, enough super hero templates (*Additional resource 106.B*) and felt tip pens / colouring pencils for everyone.

## During the meeting

Begin with a time of silence, then welcome everyone to worship. Explain that the children's meeting has been looking at *Quaker faith & practice 21 – Personal Journey*. Ask a child or adult to share this paragraph, adjusting the language beforehand if necessary:

*"I believe in the powers of ordinary men and women; in their immense potentialities; in their capacity to rise higher than themselves; in their essential creativeness; in them as artists. I do not believe in the 'chosen few': I believe in us all." It is about every individual having the capacity to feel joy in themselves and others, and the capacity for the extraordinary that we all have in ourselves.*

Talk about how the children have been considering what they think of as 'superpowers' and how they can use their own unique qualities to be heroes in their everyday lives.

Read one of the stories from *Additional resource 106.A* and after pausing, wonder about these questions: What special qualities do all these people have? Do we think these people wanted these powers? Do we have any superpowers like these people?

Invite those who want to take a template of a superhero and to design their own costume with features that are special to them. After people have finished, give time for people to share how their design represents their special qualities or qualities that they would want to have.

Share this quote from Maya Angelou and then finish with a time of silence.

“I think a *hero* is any person really *intent* on making this a *better place* for all people.”