

Back to School 2023



# Grace Notes

Youth Edition!

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Sunday COOL Resumes September 17th



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## School During Jesus' Time

Many people consider Jesus to be a wise teacher. But who taught *him*? Did he go to school, and if he did, what was school like in Biblical Times?

Jesus' Time	Today
For the most part, boys went to school. Some records show girls attended school while others show girls learned at home from mothers and other women.	Both boys and girls go to school in America. Boys and girls can learn a variety of subjects including math, science, languages, or family and consumer sciences (adulting).
Started school around 5 years old	Started school about 5 years old
Typically, male Rabbis taught the classes, but some women did teach along with male members of the family.	Men and women of all faiths, backgrounds, and marital status teach in public schools.
The Torah was the only "textbook" and study focused on scriptures	A variety of textbooks, novels, and workbooks are used for educating different topics
Often students sat in a semi-circle around the teacher or dirt floors or tiled mosaics	Students sit at desks or tables, often facing chalkboards or computer screens.

Jesus knew how to read. We see this in Luke when he goes home to Nazareth after traveling for a while. He attends Synagogue on the Sabbath and reads a passage from the Torah. He quotes the Bible to people he speaks with and they know what he is speaking about, which means they also received a similar education.

Worried you need to already figure out what you want to be when you grow up? Take a lesson from Jesus. Students learned a trade at 20 years old and wouldn't reach their full potential in a trade until they were in their 30s. Jesus didn't start preaching until he was in his 30s. And that was after learning carpentry. So, you're allowed to take time to figure it out, too!

# Helping You with Back to School

Going back to school can bring some big emotions.

Mt Zion is here to help.

Here you can find strength for your spirit.

You can calm your body and your mind.

You can find a community which loves and supports you.



Talk to a trusted adult  
whether it's Pastor Tyler,  
a Sunday School Teacher  
or a friend's parent.



Draw what is upsetting  
you or scaring you. Then  
ask a grown up to hold  
that worry for you.



Praying can help us  
be mindful of what  
we're feeling or  
thinking.

Ways to find help at  
Mt Zion for those big  
back-to-school  
emotions.



Talk to a friend.  
they might know  
exactly what  
you're going  
through.

Dancing can be  
very calming.  
Dance during  
worship!



Singing helps us  
regulate our  
breathing. Our  
brains and bodies  
will feel better.

## Dahlia And The Food Pantry

“Hi, Monty,” Dahlia said as she walked up to her friend at school.

“Hey, Dahlia. Are you ready for the math test today?” Monty asked.

Dahlia waved off his question. “Yeah, I’ve got this in the bag! The real question is, what are you doing this weekend?”

“Nothing. Why?” Monty replied.

Dahlia rummaged in her backpack and pulled out her phone. She swiped through her apps and found the movie trailer the two had watched every week for months.

“My mom says we can go!” Dahlia squealed excitedly.

“Oh, well I don’t think I can.” Monty looked away from Dahlia and kicked at the dirt on the playground.

“But we’ve been waiting for this day for ages! You’re flaking now?”

“I...I just can’t go,” Monty whispered.

Dahlia looked at her friend and realized something was wrong. She put a hand on Monty’s shoulder and bent down to try and look him in the eyes.

“What’s going on?” She asked gently.

“I have \$10 in my pocket.” Monty pulled some money from his jeans and showed it to his friend.

“Well, that’s ok. You can just ask your parents for more!”

“No. That’s all I have in my pocket. And that’s all my family has right now. We’re broke. My dad hasn’t gotten paid yet for the month and even though my mom gets paid every week, we’re already all out of money. Mom gave me this money to be able to add some funds to my lunch account. And then,” Monty sniffled. “And then I don’t know what will happen.”

A long silence passed. Dahlia folded the money back up in Monty’s hands to keep it safe. Monty looked up with tears welling up in his eyes.

“I haven’t been to your place in a while to raid your fridge for game night. Do you have enough food?”

“Oh, yeah. We’ve got that in the bag!” Monty chuckled before his smile quickly faded.

“Uh huh,” Dahlia replied while she raised her eyebrows. She didn’t believe her friend was okay.

“Have your parents ever thought about getting food from Tosa Cares? That food pantry across the street?”

“No. I mean, that’s for people way worse off than us. How can my family need free food? My mom and dad both work full-time jobs.”

“Bruh, you have the last of your family’s money in your pocket. Look, just come with me to get some food to help your fam for a while.”

**Continued on the next page.**

## Dahlia and the Food Pantry

**Continued from the previous page.**

Monty started to walk away. Dahlia threw her backpack over her shoulder and followed after him.

“I’ll go with you.”

Monty stopped in his tracks. He looked at his friend. “You’d do that?”

“Sure!” Dahlia said happily.

“Why?”

“Because we’ve been there before. My parents were low on money. We used a food pantry for about a year until we got back on our feet.”

The tears welling up in Monty’s eyes started to roll down his cheeks.

“I feel pretty embarrassed. Ashamed.” Monty said. “I mean having to use a food pantry? It’s embarrassing. Like we’re poor. Or my parents are lazy or something.”

“No. It means you need help. It only means you need some help. Like how I need help with reading. It’s nothing to be ashamed of.”

Monty took a deep breath. “Okay. If you say so.”

Dahlia hugged her friend. “I will have my mom call Tosa Cares and see when you and your mom or dad could go in to get some food. And then I’ll be right there with you the whole time.”

A week later, Monty’s family walked through the doors of the food pantry. Monty still felt ashamed as he looked at the walls stocked full of food. He felt he was taking food from someone else who needed it even more.

“Monty, look! Crunchy peanut butter! Your fave!” Dahlia exclaimed.

“Cool!” Monty replied with a smile.

In just a few minutes, Monty felt like he was grocery shopping at any other store. He plucked cans and boxes off the shelf and piled them up in paper bags. He picked out fresh vegetables and even got to choose a box of cookies as a sweet treat! Then it was time to go home.

“So. How do you feel now that you’ve visited Tosa Cares?” Dahlia asked as they filled the car’s trunk with their shopping.

“Oh, I’ve got that in the bag!” Monty replied as he held a big paper shopping bag full of food.

The two friends giggled.

“Seriously though, I feel so loved. I feel hopeful. I feel empowered now. Thank you, my friend.” Monty hugged Dahlia. “I love you.”

“I love you, too.” Dahlia said.



**Jessica Monahan**

# Put these Dates on your Calendar

## Sunday School Resumes

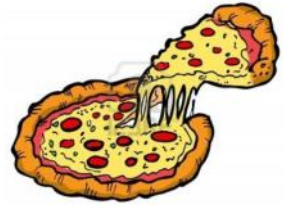
Sunday, September 17th

Hear Bible stories and apply them to your life. Learn ways to pray. Discover cool science experiments or delicious cooking recipes and how we can tell the story of God in lots of different ways.



## Read-A-Thon Pizza Party

If you completed this summer's read a thon with Mt Zion, and submitted your pizza box reading log, be sure to join us for the pizza party on Monday, September 25 from 5:00pm to 7:00pm. Keep up the reading, too! Share your favorite books with a friend.



## RenFormation Faire

It's a Renaissance faire with Lutheran flair! Join us Sunday, October 22 from 11:30 to 3:30. We will learn about Martin Luther, the 95 Theses, Indulgences and what life was like in Germany in 1517. We are planning to do a puppet show for everyone who wants to watch it. You can play part in the show if you want! We will also have face painting, arts and crafts, and pool noodle jousting.




Wear your dresses or dragon stuff, too! We will have a **costume parade** to show off our Renaissance outfits or Halloween costumes!



Coloring Page






At Mt Zion we are

Joyfully growing  
disciples in Christ


So that

Everyone we meet comes to  
know themselves as a  
reflection of God's image,  
worthy of life and love



By prioritizing

Faith	Community
Hospitality	Justice



*Joyfully Growing Disciples in Christ*

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