

Planting Seeds: Children's Resource for Spirit of Life Lutheran Church

This children's resource is an optional offering from Spirit of Life, intended to familiarize children with faith-based stories and themes, and build relationships within the community. There is no expectation for families to engage with it; it is simply here as a resource. It aligns with overarching values of the Spirit of Life congregation (anti-racist, Reconciling-in-Christ, inclusive, multicultural, active in Truth and Reconciliation). We know all families are busy and have different priorities for Sunday mornings, so rather than try to convene for traditional Sunday School, this is a take-home resource to be used whenever it is convenient. A new packet will be distributed each Season—you can use it once, or return to it each week. Once per Season, children are invited to come to church early at 9:15am to bake communion bread together. This is also a chance to check in about the story, theme, song, activities. If you have any questions, concerns, want to offer input, please contact Robyn Ilten-Gee: robyn_iltengee@sfu.ca.

Season of Creation Children's Resource: Spirit of Life

"All living creatures are sparks from the radiation of God's brilliance, and these sparks emerge from God like the rays of the sun." —Saint Hildegard of Bingen.

	Theme	Living Water: This season, we are celebrating the ways that God sends healing to the world. Imagine God's love is a river, flowing to every part of the land, sea and sky. Wherever there is pain, disease, destruction, God's living water can heal through love. We can also become part of the healing, and "step into the river" and do our part to take care of the land, water, air, and animals.
	Song	Come to the water (ACS) – 1 verse 955 We will sing Verse 1 in church every Sunday! You're invited to learn and join in!
	Story	Genesis: 1:1 Creation Story There are two versions of the story in this linked document. Feel free to choose one or alternate, or read your own version! <u>Read-alouds that align with the theme:</u> Old Turtle by Douglas Wood (a creation parable) WaterBoy (By David McPhail) We are the Water Protectors (By Carole Lindstrom)
	Activities	Activity 1: Creation Table: This activity is designed to help us notice the beauty and diversity in creation. You are invited to set up a

		Creation Table in your home (or on your balcony, or in your yard...). Each week, find something new to put on the table: Ideas: 1. Rocks 2. Leaves 3. Stuffed animals to represent living creatures [St. Francis of Assisi] 4. Small bowls of water 5. Pinecones 6. Herbs or spices 7. Pictures of sun, moon, stars The idea is not to <i>pick</i> living flowers or destroy anything, but find things that might have fallen. They can serve as reminders throughout the season of creation that it is our job to care for everything around us. <u>Take a picture of your Creation Tables!</u> *There will also be a Creation Table set up at Spirit of Life! You are invited to bring something for this creation table. [If you bring a stuffed animal, you will of course get it back!] Activity 2: Plant Some Seeds: Starting on Sept. 6, there will be Seeds available for children to pick up. Try planting them in a paper cup, or in an egg carton: 1. Take a paper egg carton. Remove the cover (optional). Fill each of the twelve holes with soil and gently sprinkle with water. (If you have a spray bottle, this helps.) 2. Poke a small hole in the middle of each cup of soil, about the depth of the top joint of your pinky. (Note: pinkies vary, and that's okay.) 3. Drop one seed in each hole. 4. Cover gently with soil. 5. Sprinkle with water. 6. Place in a sunny spot like a window sill. You may place your seeds outside, but beware: Birds, squirrels, and chipmunks may think your new seeds are a tasty treat! 7. Optional: Make seed labels using toothpicks and paper, popsicle sticks, or write with marker on the carton itself. Each week, check on your seeds! Do they need more water or more sun? Tell Pastor Aneeta when you see her how your seeds are doing!
	Inter-Generational Community	Social: By yourself or with a parent or friend, find someone new at church and say hello! Then ask them: <i>What's their favorite thing to do with water? What's your favorite thing about the rain?</i> You could start with Pastor Aneeta the next time you see her!

		Land and space: Take a close look at the plants out front of Spirit of Life. What do you notice? Are they attracting bees, bugs or squirrels? Are the plants in the shade or in the sunshine? What looks healthy, what plants need some love?
	Bread	All you <i>knead</i> is love! Join us on Sept. 20 at 9:15am to bake Communion Bread!