



# Journeys in the Spirit

Children's work

July 2017

Issue 110



## A simple plan for an all-age Meeting for Worship

*Preparation: You will need a box of buttons of different colours size and shape – the more the better. Also cut out people shapes and have ready (see overleaf) , pens, crayons, coloured paper, glue and scissors, hole punch, ribbon or thread, a branch in a pot to hang the paper people on.*

*Involve others from meeting, perhaps elders, to read the quotes or the story.*

Begin by welcoming everyone to all age worship. Start with a few moments of quiet.

Read the following passage from Qf&p – 2.26

### **Pause**

Today we are going to think about what we mean by prayer. It is not something Quakers talk about very much. Perhaps this is because the idea of prayer conjures up ready prepared words that do not always mean much to us. So do our prayers then have to come from us to be meaningful? Maybe our thoughts can be like prayers. Sometimes when we are sitting quietly in Meeting for Worship, words or images do come to us. We may keep these to ourselves or some people share them and we call this ministry.

We are going to think about the people who are special to us, and how these thoughts and feelings become our prayers. We are going to do a quiet exercise to help with this.

We have lots of buttons here – all different colours, shapes and sizes. Have a look at them and pick one that reminds you of someone special to you. It may be someone in your family, a friend, or someone special – perhaps someone who is unhappy or ill or who needs your help.

Find someone you would like to talk to and tell them about your button. If they have a button let them talk about theirs as well.

Now we will have some quiet to think about our button and the person it represents.



What would you like to say to this person or give them? Or how might you want to help them? These thoughts/wishes are like our prayers. They come from inside us, from our hearts. From the part of us Quakers call the Inner Light or God or the good part of us.



Here we have some people cut outs. Write, draw or doodle your thoughts on one side of the person and you may then want to decorate the other side. You may also want to put the name of the person on one side. We will then hang them on the tree here. This will be our people tree or our prayer tree. Everyone who wants to makes their person and hangs it on the tree.

You may want to share your thoughts about the person you are thinking of. This is ministry. You may prefer not to do the activity but to sit quietly and uphold those who are doing the activity.

Finish with some quiet and elders shaking hands

