



Journeys in the Spirit

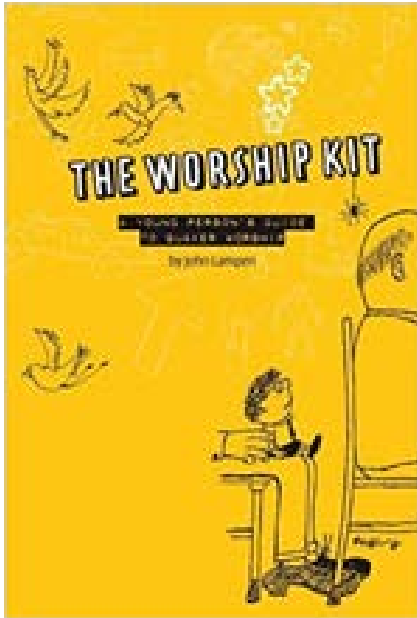
Children's work

Additional resources 111.A



Engage

What is Quaker worship and how do you do it?



Sitting still and being present in the Meeting.

When you sit in meeting, make sure you are sitting comfortably, straight and with your feet on the floor- if you can reach it.

Close your eyes, or look at one spot.

Let your arms fall loose in your lap.

Concentrate on your breathing, breathe in slowly allowing the air to fill all of your lungs, breathe out slowly.

Think about each area in your body starting from your toes and finishing with your scalp. Squeeze and then relax the muscles until you are comfortably relaxed all over.

When you have done this continue your slowed breathing and notice that you may have become calm.

You might just do this until the end of the silent time, your body and mind are resting.

If you become too relaxed you may fall asleep - if you notice that this is about to happen, bring your attention back to the room.

When we let our bodies become calm, it helps our minds and spirits to become peaceful too.

The Worship Kit by John Lampen (Page 8)



Journeys in the Spirit

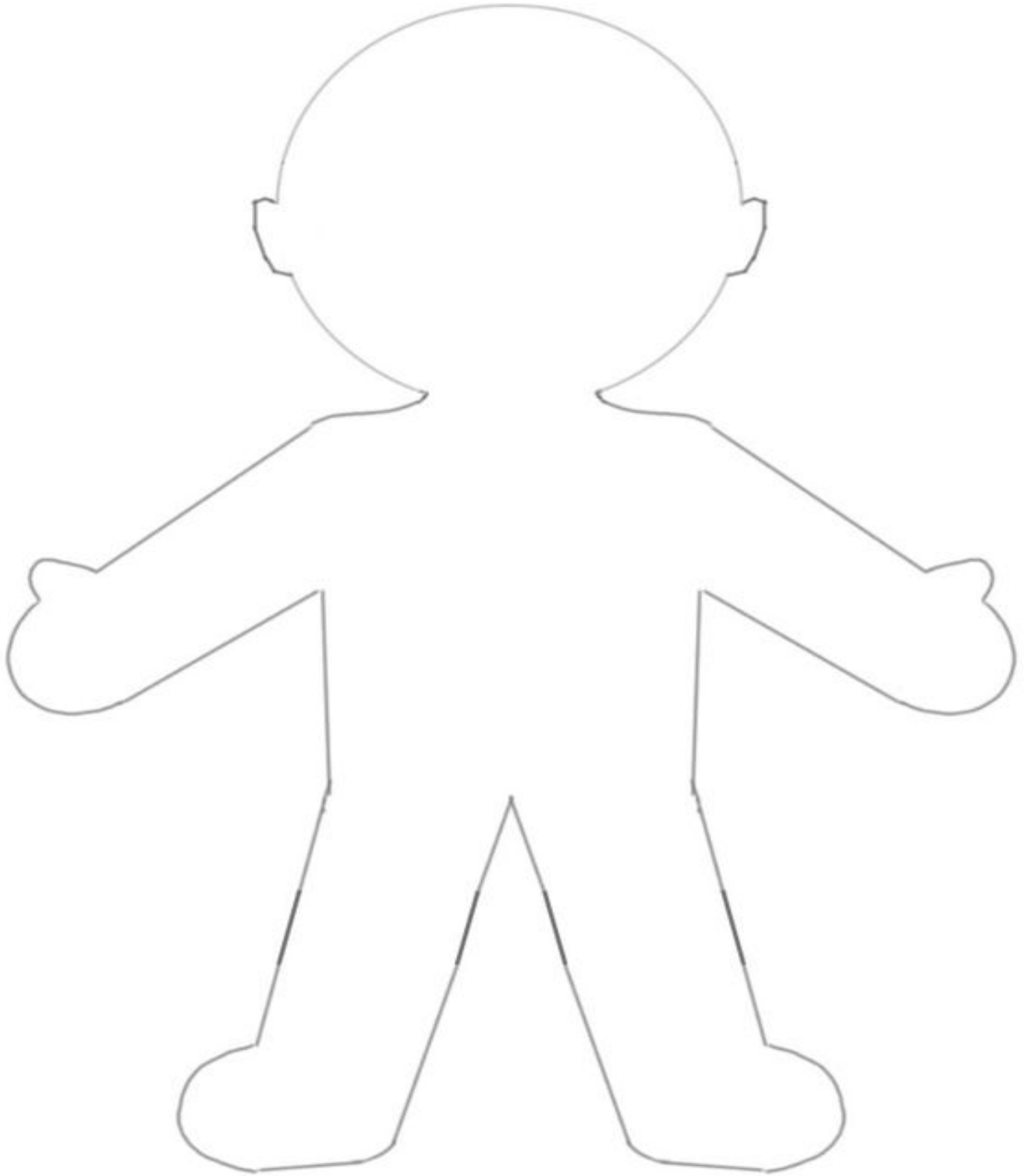
Children's Work

Additional Resources 111.B



Respond

Activity 1





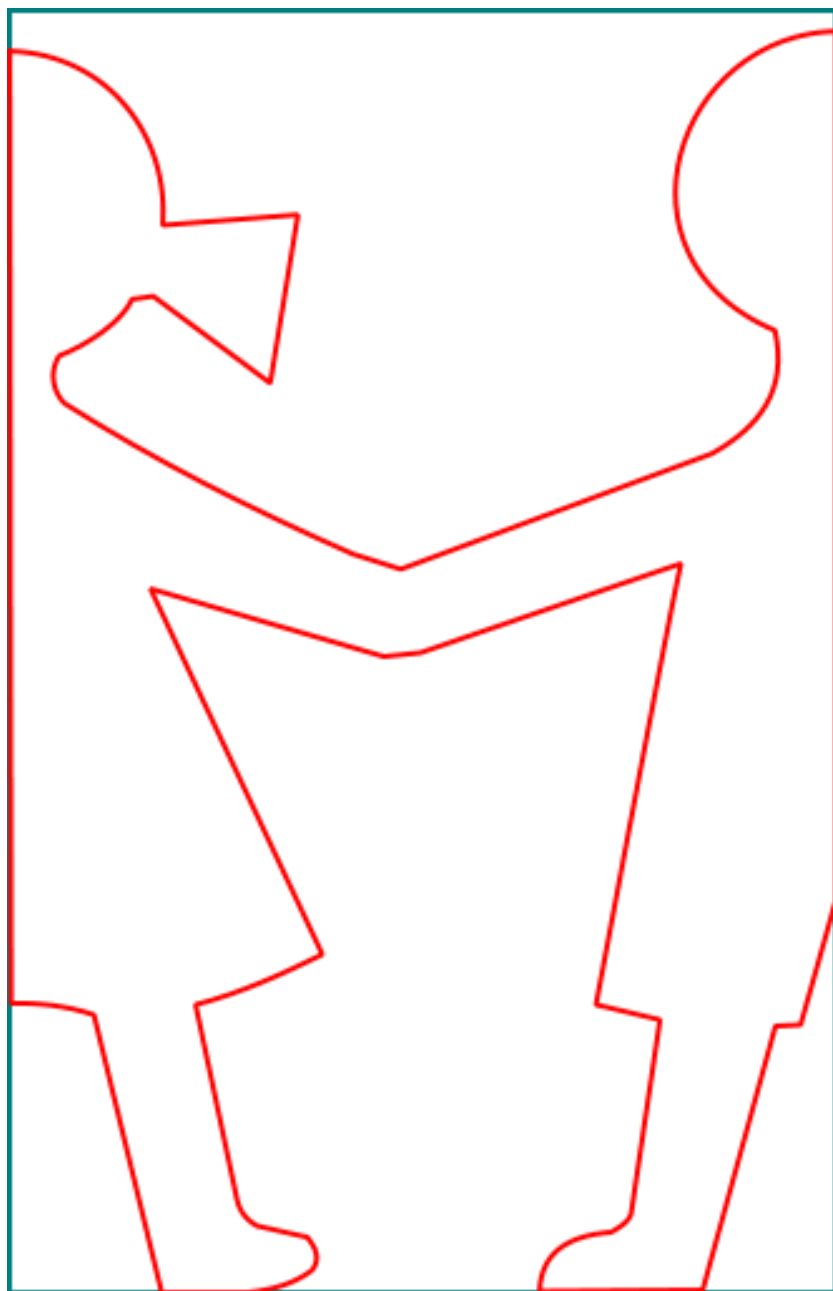
Journeys in the Spirit

Children's Work

Additional Resources 111.C

Respond

Activity 2



How do you make a paper person chain?

Take a piece of paper and cut it lengthwise.

Fold it into quarters accordion (pleated) style.

With the cut edge of the folded strip to the right, draw half a person along the left (folded) edge with arms extending to the cut edge. Hold the folded strip firmly and cut carefully around the outline. Do not cut along the folds. Unfold the paper strip to reveal your chain of people.

The template above can be used as a guide as shown to the right. If you use this template you will get a row of people, some with pigtails and some without.

