



Journeys in the Spirit

Children's work

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Issue 113



A simple plan for an all-age Meeting for Worship

Resources: *On a large piece of paper (A3), draw the trunk of a tree. Enough pre-cut of leaves for each person to have at least 10 each (see Additional resource 113.B), colouring pencils/pens, glue-sticks. You will need enough for each person. A copy of the book you wish to read: The Very Hungry Caterpillar ISBN-10:0241003008 or The Fox and the Star ISBN-10:1846148502.*

During the meeting

Begin with a time of silence, then welcome everyone to worship. Explain that children's meeting has been looking at change. Say that change can be happy and exciting but it can also bring anxiety, worry and fear. Often, when things are out of our control they can seem scary or confusing and it can be difficult to adjust feeling a sense of loss that something is not the same as it was before. Even when change is positive it can be hard to adapt to new routines, new people or new places. But change is happening all around us all of the time. By understanding the changing nature of things and that nothing, no matter how good or bad lasts forever, we can begin to accept change as an inevitable part of life.

Read The Very Hungry Caterpillar by Eric Carle or The Fox and The Star.

Make a Diversi-tree of change

On a large piece of paper (A3), draw the trunk of a tree. Explain that the tree is going to represent everyone. Give out leaves to people who want to take part. On most of their leaves, invite people to write, (or draw) something about themselves, that makes them who they are today.

These leaves will stick to the branches of the tree to form the bloom. On some of the leaves (5 or so), invite people to write something about themselves that is no longer true, but was once, a change that they have experienced, or something about their past. These will be the fallen leaves on the ground. Explain that change is inevitable. Just as trees grow and shed their leaves with the changing of the seasons, so too we humans grow and develop and shed our pasts. Just like every leaf that falls returns to the soil to feed the tree at its root, every change that occurs in our lives helps to shape who we are. Every year, through a process of change, trees grow taller, and become more firmly rooted. Every year, through a series of changes, some big, some small, we become 'us', establishing our own thoughts and developing our beliefs. Consider how/where you might display these trees within your meeting house.

Wait for any ministry that arises.

