

Church at Home Family Pack – 24^h May 2020

Join us for our online service, usual time of 10:30am on Sunday at www.ccwsm.org.uk – “see” you there!

If you like, join in with the discussion of Facebook with our church family (@ccwsm)!

In some sections we make several suggestions of ideas. Some may be more appropriate to the different people in your family than others. We’re not expecting you to do all of them (although you are very welcome to!) Choose the ones which best suit your family.

GATHER TOGETHER

A prayer to start –

May we know the value of rest in our fast-moving lives. Teach us the value of quiet, the ability to be still, the patience to wait, so that your will may be done. Amen

Action reminder –

From the top of my head

(Touch head)

to the tips of my toes;

(Touch toes)

from the lobes of my ears

(Touch ear lobes)

to the end of my nose;

(Touch nose)

from my back, to my front

(Turn round)

to my wiggly fingers,

(stretch out arms and wiggle fingers)

God loves me!

(jump up and down)

READ TOGETHER

Acts 17: 26-29

International Children’s Bible (ICB)

²⁶ God began by making one man. From him came all the different people who live everywhere in the world. He decided exactly when and where they must live. ²⁷ God wanted them to look for him and perhaps search all around for him and find him. But he is not far from any of us: ²⁸ ‘By his power we live and move and exist.’ Some of your own poets have said: ‘For we are his children.’ ²⁹ We are God’s children. So, you must not think that God is like something that people imagine or make. He is not like gold, silver, or rock.



New International Version (NIV)

²⁶ From one man he made all the nations, that they should inhabit the whole earth; and he marked out their appointed times in history and the boundaries of their lands. ²⁷ God did this so that they would seek him and perhaps reach out for him and find him, though he is not far from any one of us. ²⁸ 'For in him we live and move and have our being.' As some of your own poets have said, 'We are his offspring.' ²⁹ "Therefore since we are God's offspring, we should not think that the divine being is like gold or silver or stone—an image made by human design and skill.

The Message (MSG)

Starting from scratch, he made the entire human race and made the earth hospitable, with plenty of time and space for living so we could seek after God, and not just grope around in the dark but actually *find* him. He doesn't play hide-and-seek with us. He's not remote; he's *near*. We live and move in him, can't get away from him! One of your poets said it well: 'We're the God-created.' Well, if we are the God-created, it doesn't make a lot of sense to think we could hire a sculptor to chisel a god out of stone for *us*, does it?

****These readings encourage us to remember that God is always with us. God is near us and beside us, by the very fact of being the creator who longs to have a relationship with us.***

TALK TOGETHER

- Do you find it easy to be by yourself? How much time do you have on your own? How can you make sure you have some 'space'?
- What's your favourite way to use your brain? (maybe maths/ reading/ science experiments) Are you doing any of these things at the moment? How can you fit these in?
- Are you seeing your friends and family? If not, how can you make sure this is in your daily plan?
- Spending time with Jesus is so important. Do you do this? Perhaps you could see if your family could do something with you?
- You might find it helpful to come up with a timetable (if you haven't already). Make sure it includes:
 - Alone time
 - Brain time
 - Friend/family time
 - Jesus time

PLAY TOGETHER



Just playing together and having fun can help us feel connected and less alone....

Why not try a Family 'Zoom' or 'Facetime' Quiz / board games or cards/ computer games

Hide and seek

Gather some dolls or teddies (one for each member of your family or for each friend of family member that you can't see at the moment) one person then goes and hides them individually then everyone else goes to find them bring them back together.



Three legged races

If you have several people in your house you could pair up (stand next to one another) and tie your inside legs and walk in a three-legged formation. You could set a course to complete in your garden or outside space or around the house. You need to keep in step! Talk about how it feels to move with somebody beside you?

MAKE TOGETHER



For me being alone looks like...

Try and create a picture showing how you feel or what you imagine when you think about being alone. Use whatever you like: leaves from outside, paints, felt tips, even junk modelling from the recycling. There is no right or wrong way to do this, it's just about what you feel and what comes into your head. For some people being alone will be a sad or scary thing; for others it will be something they're longing for.

(Hayley's picture)

When you've made your picture, if you want to, show it to others in your family and tell them what it means. Listen to what everyone has to say, try not to interrupt and don't rush the person speaking. If someone doesn't want to talk about it, do not pressure them to do so. If you live on your own, share you picture and thoughts with a friend or family member by email, WhatsApp or video chat.

It's up to you what you do with those pictures now. Sometimes when we create something about a painful emotion, we want to get rid of it because it helps us to process what that emotion is and helps us move forward. Sometimes we keep that thing, not to make us sad or lonely again but as a reminder that it's okay to feel these things and we won't feel them forever.

'You are not alone' cards

Make and send a pop up friendship card.

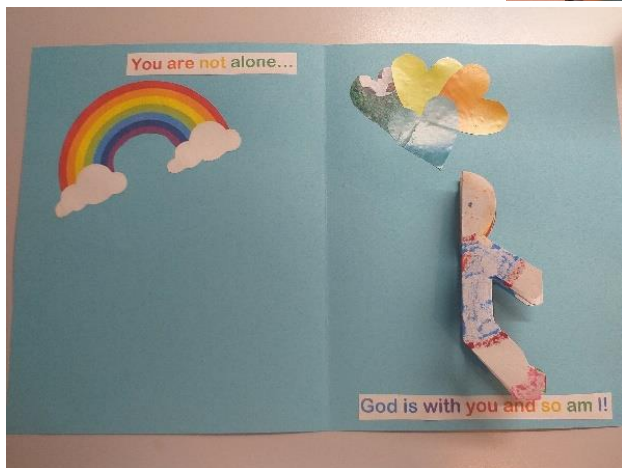
You will need –

- Card and Paper
- Pens/crayons/paint/stickers (things to decorate your card with)
- Glue
- Scissors



Instructions -

- First fold a piece of card in half to make your basic card shape.
- Using a strip of paper make a 3cm concertina fold (approximately) – fold the paper 5 times and trim off any excess.
- Draw half a person against a folded edge of the paper – you are making a chain so be careful to join the hands and feet. Cut it out.
- Unfold the people chain (you should have 3 people) and decorate them
- Decorate the inside of your card. Write a message inside.
- Stick down one side of the people chain.
- Put glue on the other end of the folded chain and fold the front of the card over and press down
- When you open it up your people chain will pop up.
- Decorate the front of your card and send it!



SING TOGETHER

Not Forgotten – Hillsong Kids <https://www.youtube.com/watch?v=leqMgDvJF28>

Never far away – New Wine Kids <https://www.youtube.com/watch?v=hMiYNo96SSA>

Never let go of me – Lifetree Kids - https://www.youtube.com/watch?v=WJgIPk_NkZY

It Is Well With My Soul - Audrey Assad <https://www.youtube.com/watch?v=zY5o9mP22V0>

So Will I (100 Billion X) – Hillsong <https://www.youtube.com/watch?v=GfVd5x9W1Xc>

God is near – Rend Collective - <https://www.youtube.com/watch?v=y6WYLuATS-A> .

REFLECT TOGETHER

Growing and Thriving in isolation



On your daily walk lookout for those flowers that grow in the tightest of spots, in a wall or in a crack in the pavement. Think about how they seem to thrive and how we can thrive and grow with God in this difficult time we find ourselves in.

My supporters

Consider playing one of the songs suggested above or maybe your favourite worship song. While you do, think about the people who love, support, are there for and help you. Write down their names on slips of paper or sticky notes and stick them up around the walls. Instead of writing words you could draw something that reminds you of them.

When you've finished, either on your own or with others in your home, take a step back and look at all the people you thought of. Say a prayer thanking God for all the people you are surrounded with who offer you love and support.



PRAY TOGETHER

Action Prayer

Can we talk to someone lonely? (*Turn to each other.*)

With God's help, we can.

Can we share things generously? (*Hold out hands, palms upwards.*)

With God's help, we can.

Can we help to change the world? (*Make big circling movement with both hands.*)

With God's help, we can.

Can we reach out to each other? (*Hold hands around the circle.*)

With God's help, we can.

If you feel that you need time alone with God away from others in your home then this prayer may help you:

Jesus, I love my family but I need some quiet time away from them with you.

Hear my voice now amongst all the others calling out to you.

You know what's going on inside me, even when others don't.

*I trust you now to help and hear me, even when others can't. **Amen.***

If you are struggling with feeling lonely, here's a prayer which you could use:

Father God, because you are with us, we are not alone.

Because you love us, we can feel safe.

Because of your promises, we have hope.

*Thank you for being here. **Amen.***

DO IT TOGETHER

Actually I...

We might think as if we are not allowed to feel isolated for whatever reason: people come to the door and drop things off, I facetime my friends nearly every day, my family are in the same house, I play with my siblings, etc. But, even if we have some kind of regular contact we can still feel isolated. This pandemic has made it so that we are facing things that we never have before and in the world of communication when we want to feel connected, being near those we love feels so far away.

As a group or on your own, maybe make a deal to be really brave. The next time you talk to or see someone, and you have been feeling isolated/lonely, tell them. Perhaps there might not be much they can do to make you feel less isolated, but saying it out loud to someone else can be the first step to those feelings easing slightly.

Helping others –

Could you ... Pop a note through your neighbours' doors and...

- Organise a foodbank collection on your street.
- Organise a plant swap on your street.
- Arrange to go out early for the Thursday night clapping and chat with your neighbours. Maybe have a cuppa together/ a socially distanced gathering at the end of your drives or from your front doorsteps.



Or Make a donation to a homeless shelter or other charity.

Or just simply phone a friend or smile and say hello as you pass a stranger on your daily walk.

I need time out



If you live with others, agree on a sign that shows everyone else in the family that you need time out on your own. It might be a door hanger, an Emoji sent via WhatsApp or you could make some Emoji Bunting? Give each person in your house a named peg that they attach to the one that most accurately reflects how they are feeling today!



Email: family.ministry@ccwsm.org.uk

Action Reminder and Prayers taken and adapted from

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