

St. Andrew's Episcopal Cathedral
Virtual VBS
2020



Session One

At the Table

Scripture: Luke 15:11-32

Activities Included:

- 1) Response to the Bible Story – Imagining and Coloring
- 2) Did you feel...? – Activity With Emotions
- 3) Coloring A Prayer
- 4) Daily Examen – A guide to talking with your children about their day

IMAGINING & COLORING

As you color in this image, take some time for imagining, wondering, and discussing these questions.

ASK

What did the father see? Did you see what the father saw?

How about the younger brother?

What about the older brother?

What feelings did you feel when you heard the story?

Who shows compassion? Who receives compassion?

IMAGINE TOGETHER

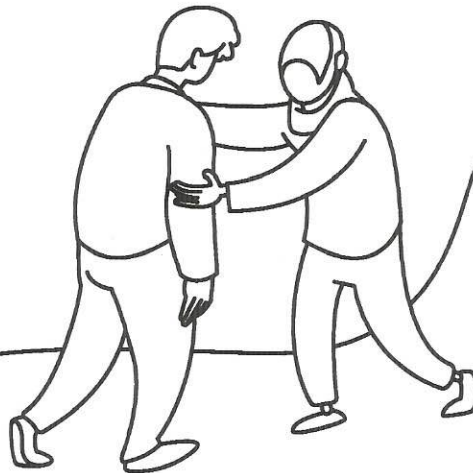
Do you think the older brother ever came to the party? And if he did, do you think he sat down at any of the tables?

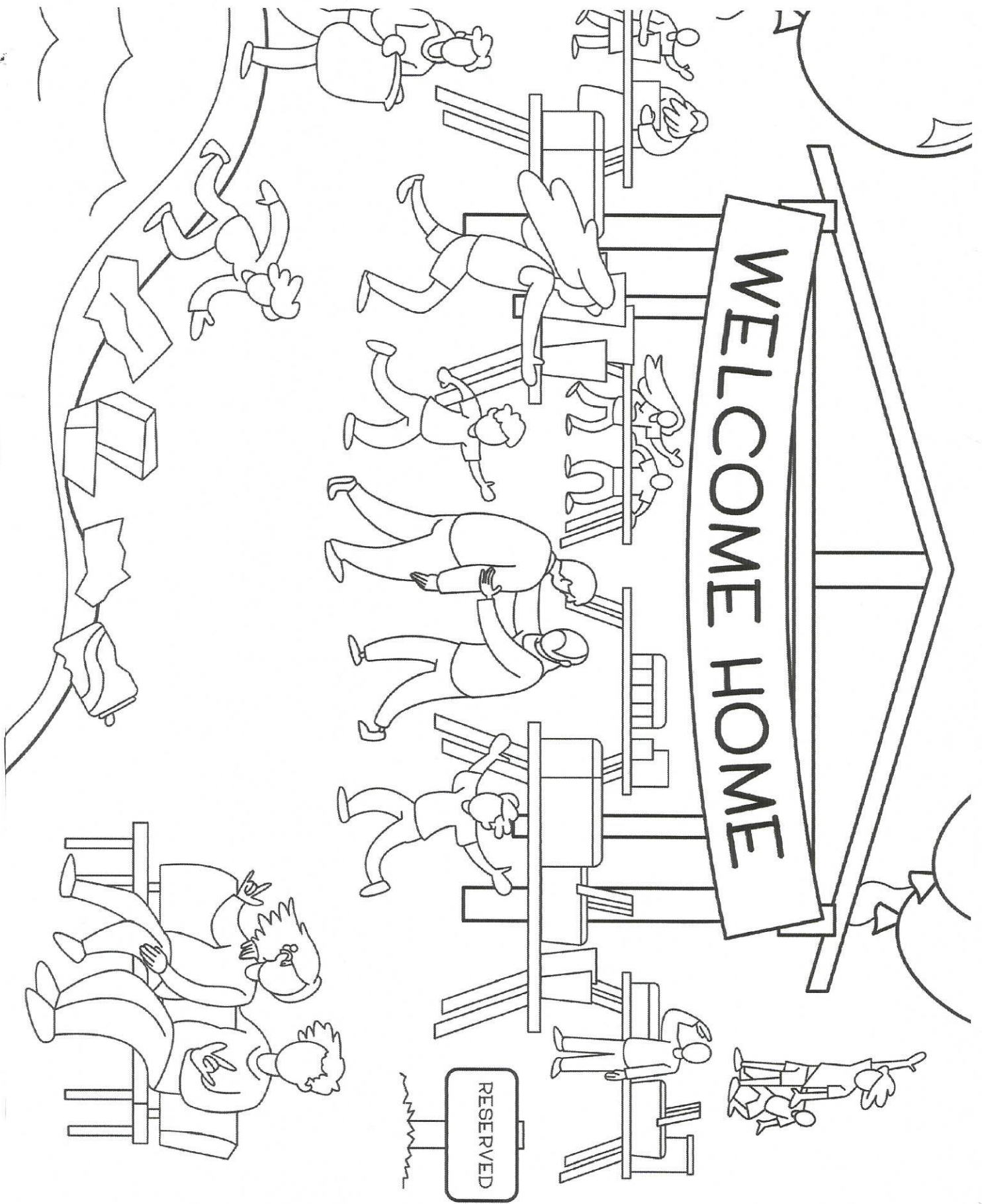
Who might he have sat with? Do you think he sat at a table with his dad and brother? If not, when might they have had a meal together again?

Who sits with you at your dinner table? What do you talk about?

How do you welcome each other when someone's had a hard day or doesn't want to sit at the table?

At the Table





Did you feel....?

Compassion helps us understand how others are feeling. We use clues like facial expressions, tone of voice, posture, and our own experience to imagine what others might be feeling. But, we don't always get it right, so we have to ask, "Is this how you feel/felt?"

Activity for Older Children

- Take turns telling a short story about an experience while others guess how you felt. The person to your right tries to determine how you were feeling during that experience. After discovering their neighbor's feeling, they tell their own story.
- Example: I lost my tooth this morning.
Did you feel pain?
Not really.
Were you excited?
Yes.

Activities for Younger Children

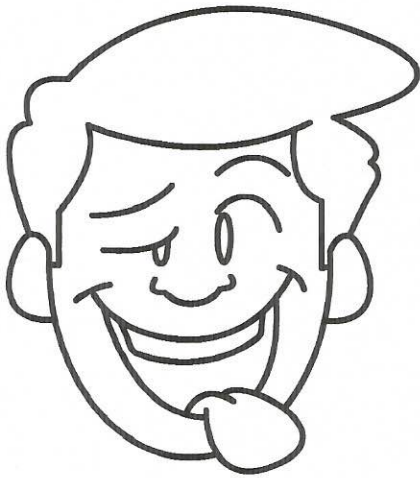
- **Match Game.** Print out two copies of the Emotion Cards Page. Color and cut on the dotted line so you have 12 cards. Place cards face down. To begin the game, take turns flipping over two cards at a time. When you find two cards that match, show everyone your face to match the emotion on the card.
- **Let's Make Faces.** Use the same cards you made for the Feelings Match Game. Stack cards in a pile, take turns drawing one card from the card pile, and act out the emotion on your card. Players guess the emotion you are acting out.



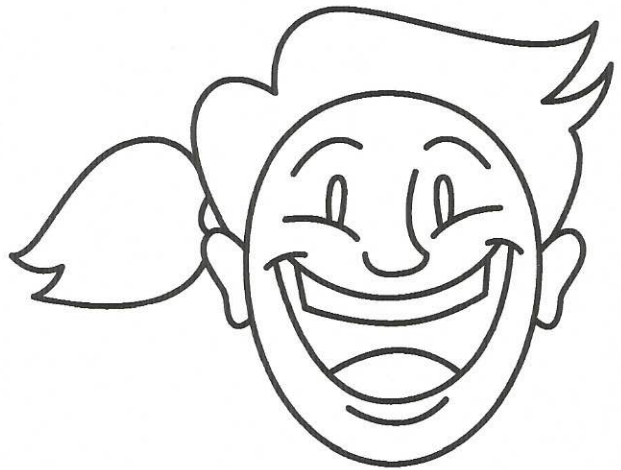
SAD



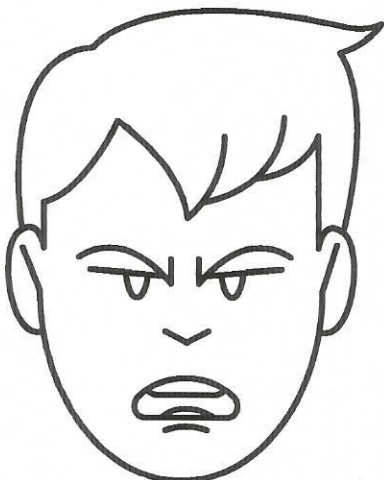
HAPPY



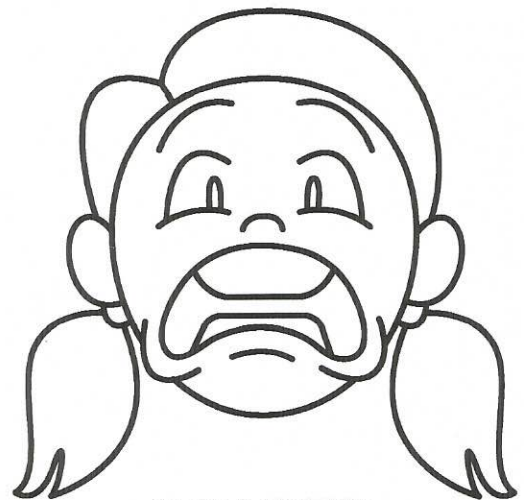
SILLY



EXCITED



MAD



SCARED

Daily Examen

Leader: The Lord almighty grant us a peaceful night and a perfect end.

All: Amen.

Leader: Our help is in the name of the Lord.

All: The maker of heaven and earth.

**Questions for the day:*

What surprised you today?

What disappointed you today?

When did you share kindness today?

When did you not share kindness today?

And what are you most thankful for today?

Leader: The Lord be with you.

All: And also with you.

Leader: Let us pray.

Keep watch, dear Lord, with those who work, or watch, or weep this night, and give your angels charge over those who sleep. Tend the sick, Lord Christ; give rest to the weary, bless the dying, soothe the suffering, pity the afflicted, shield the joyous; and all for your love's sake. *Amen.*

All: Guide us waking, O Lord, and guard us sleeping; that awake we may watch with Christ, and asleep we may rest in peace.

WELCOMING

ONE

YOUR WARM, WIDE ARMS



are ALWAYS open

drawing us into your LOVE.

Make **our ARMS** YOUR OWN

helping us SEE & WELCOME
with COMPASSION all

THOSE WE MEET.

Amen

Session Two

To the Neighbor

Scripture: Mark 2:1-12

Activities Included:

- 1) Response to the Bible Story – Imagining and Coloring
- 2) Bake Bread for a Friend – Recipe
- 3) Write a Letter Activity
- 4) Coloring A Prayer
- 5) Daily Examen – A guide to talking with your children about their day

IMAGINING & COLORING

As you color in this image, take some time for imagining, wondering, and discussing these questions.

ASK

What do you think it means to be brave? What does it feel like?
Who was brave to you in this story?
What do you think the friend who was paralyzed felt when he was healed?
How do you think he felt when he was able to be in his community again?

IMAGINE TOGETHER

Can you imagine what the friends feel for their friend who was paralyzed?
Or the friend who was paralyzed?
Or the owner of the house?
Or Jesus?
What do you imagine the crowd was feeling?
What do you imagine the disciples were feeling?



Eucharistic Bread Recipe

**Camp Gravatt's Recipe, Diocese of Upper South Carolina*

Ingredients:

2 cups of whole wheat flour
1 cup of flour
1/4 cup brown sugar
½ tablespoon salt
1 teaspoon baking soda
2 tablespoons honey
1/4 cup shortening
1 cup water

Directions:

Preheat oven to 350 degrees
Mix dry ingredients
Stir in other ingredients
Turn out onto floured surface and knead for about eight minutes
Divide in half and form into loaves
Put onto lightly greased baking sheets
Bake for 30 minutes

*Notes

While you are baking, discuss what it is like to do work for something that everyone will enjoy. Ask about a time your child did something for other people. Ask about a time someone did something for them. Ask who they might like to share their bread with when they finish.

Compassion in Action

Write a Letter

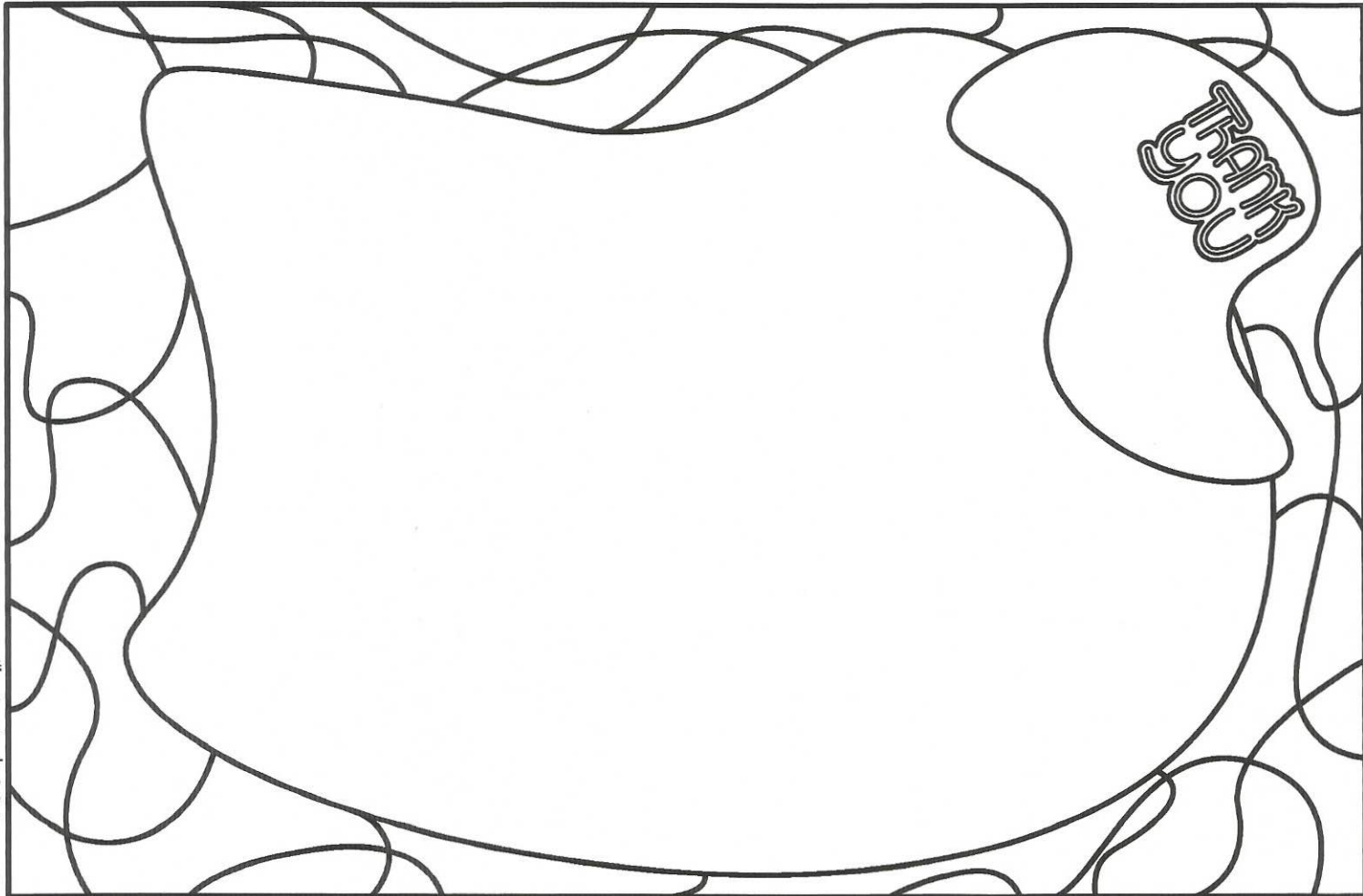
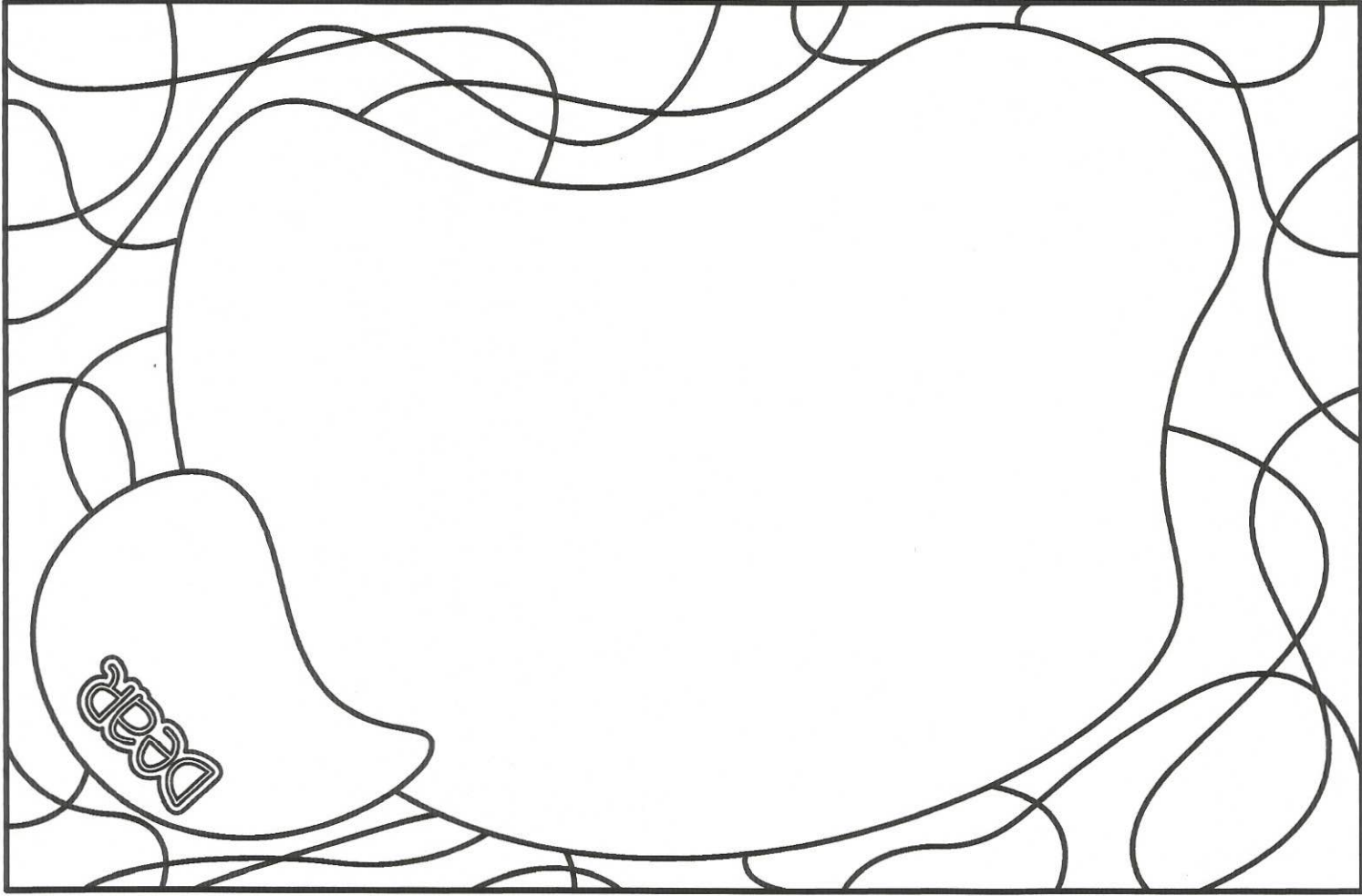
Let's write a letter of encouragement to someone in your community. You can write a letter and give it to an essential worker. For instance, grocery store workers are considered essential workers and they are working especially hard to make sure people can safely shop for food for their families. You could send a letter to an older adult in your congregation. Older adults are more at-risk of getting sick, but in order to maintain their health, they have to be isolated from family and friends. Who else could you write to?

Many of them are scared or lonely. We can be brave with them. We can show that we are with them, and we can give them a loving word of encouragement, so they feel God's presence.

Some examples of what you might write:

- I wonder if you are feeling lonely. I am praying for God to surround you with love.
- I wonder if you are tired. I am praying for God to give you strength and energy.
- I wonder if you are anxious. I am praying for God's peace for you.
- I wonder if you are worried about the future. I am praying for God to give you hope.
- I wonder if you are sad. I am praying for God's grace for you.

On the following page is a coloring sheet you can use for your letter, or you can create your own.



Daily Examen

Leader: The Lord almighty grant us a peaceful night and a perfect end.

All: Amen.

Leader: Our help is in the name of the Lord.

All: The maker of heaven and earth.

**Questions for the day:*

What surprised you today?

What disappointed you today?

When did you share kindness today?

When did you not share kindness today?

And what are you most thankful for today?

Leader: The Lord be with you.

All: And also with you.

Leader: Let us pray.

Keep watch, dear Lord, with those who work, or watch, or weep this night, and give your angels charge over those who sleep. Tend the sick, Lord Christ; give rest to the weary, bless the dying, soothe the suffering, pity the afflicted, shield the joyous; and all for your love's sake. *Amen.*

All: Guide us waking, O Lord, and guard us sleeping; that awake we may watch with Christ, and asleep we may rest in peace.

DEAR
DAD

Your COMPASSION always

looked like
COURAGE

STRENGTHEN

OUR HEARTS WITH
YOUR BRAVERY

AS WE RISK, REACH, & LIFT UP
OUR SIBLINGS NEAR AND FAR.

AND FEAR.

HELP US KEEP OUR EYES

ON YOU

AMEN

Session Three

For Myself

Scripture: Mark 12:28-31

Activities Included:

- 1) Response to the Bible Story – Imagining and Coloring
- 2) Bake Bread for a Friend – Recipe
- 3) Make Something That Brings You Joy
- 4) Daily Examen – A guide to talking with your children about their day

IMAGINING & COLORING

As you color in this image, take some time for imagining, wondering, and discussing these questions.

ASK

What does it mean to love ourselves?

Why is this important?

How does having love for ourselves help us love others? To love God?

What are some ways you can love yourself?

IMAGINE TOGETHER

What would it be like to be in the crowd hearing these kinds of questions?

What would it be like to hear Jesus remind the people of God's most important rules to live by?

How do you imagine the disciples felt listening to religious leaders asking Jesus these questions?

Why do you imagine religious leaders were unsure of Jesus?

Imagine why this might have been surprising to hear.

FOR MYSELF



I AM...

Gentle

Loving

IMPORTANT

SMART

Unique

STRONG

Good

BRAVE

KIND

Enough

Make Something That Brings You Joy

Caring for ourselves involves listening to our hearts, paying attention to our needs, and loving our unique selves. This is how we have compassion for ourselves. One tangible way to do this is by pursuing joy! Make something for yourself that will bring a smile to your face, warm your heart, and make you feel loved. Some ideas:

- Follow along with Rachel Misenar as she teaches you an art lesson!!!
- Spend time drawing or painting something for your space at home.
- Find a spot outside that you can make your own and spent time there.
- Get a plant or flowers for your room.
- Write yourself a letter.
- Bake a batch of cookies.

What else brings you joy?

The amazing thing is that these are also wonderful things to share with others! Loving yourself well can lead to loving and caring for others in easy ways.

*gentle
love*

THANK YOU
FOR YOUR
SPIRIT within US
WHO

GUIDES, ENCOURAGES, AND
STRENGTHENS US.

HELP US SEE
OURSELVES

THROUGH YOUR EYES ~

with

Love, KINDNESS, AND DEEP
JOY.

MAY WE

LOVE
OUR BODIES

TREASURE
OUR HEARTS

Celebrate
OUR SPIRITS

AMEN