

OPENING

Be patterns, be examples ... that your carriage and life may preach among all sorts of people.

George Fox

Songs: Choose among:

"How Can I Keep from Singing?"	<u>Songs of the Spirit</u> #2
"No Man [One] Is an Island"	<u>Songs of the Spirit</u> #20
"When I Needed a Neighbor"	<u>Songs of the Spirit</u> #29
"He's Got the Whole World In His Hands"	<u>Songs of the Spirit</u> #41
"One Man's Hands"	<u>Songs of the Spirit</u> #58

[Note - This opening is in two parts - a section on Testimonies in general and a section on Community in particular]

Questions, Part 1

1. How do you feel when you do something wrong?
2. How do you know what is right or wrong? Name something you believe is right. Name something you believe is wrong.
3. Does what you believe about what's right and what's wrong affect how you act?

Questions, Part 2

1. What work do you do at your house? Do you have as many chores as your mother or father?
2. Do your parents still provide you with food, shelter, clothing, toys - even though you don't do as much work as they do? Why do they do this?
3. Your family is a community in which each person has certain responsibilities and in which each person has certain needs met. What responsibilities and needs do you have?
4. What should the Meeting do if someone in the Meeting can't take care of him/herself?

LESSON V

For the Teacher:

After an opening story, this lesson is devoted to the service project the children decided on last week. All the lessons on the testimonies emphasize ways the children can put a belief into action. Children will learn about the testimonies in two ways, through the formal lessons and through a classroom atmosphere that reinforces the formal teaching. Cooperation, sharing, and non-violent conflict resolution as part of what happens in class are more powerful teachers than our words.

Needed:

Needs will depend on the service project you choose.

Opening Story:

Tell the story of the Good Samaritan, Luke 10:25-37. Explain to the children that Jesus told this story to his followers. Ask them why they think Jesus told this story. Talk a little about ways to help people.

Alternative: Tell the children about Margaret Fell and the hospitality she extended to Quakers at Swarthmoor Hall. A Faith to Live By by Elfrida Vipont has a good chapter on Margaret Fell (This book is out of print but available from the Philadelphia Yearly Meeting Library).

Service Project:

Spend the rest of the class time working on your service project for the Meeting. If there are free moments, children can work on their mats or pillows. The following are suggestions for the service project (See Lesson IV for others).

1. Lunch for the Meeting. Prepare bread, soup and cheese
 - a. Bread - the following recipe is easy:

Irish Soda Bread

4 c flour	3 c buttermilk
4 tsp. baking powder	or
1 tsp. baking soda	1 c powdered milk and
3/4 tsp. salt	3 T vinegar in
3/4 c. sugar	3 c water

Sift first four ingredients. Add sugar; stir in buttermilk until just moistened (1 cup raisins may be added if desired). Turn into 10" or larger (not smaller) round greased and floured pan. Bake at 350 F 45 min to 1 hour.

(Courtesy of Cookie Caldwell)

- b. Soup - A simple soup made from stock is easiest. Each child brings in an ingredient. Start with ready-made chicken broth and add the vegetables, noodles, rice, beans, etc.
- c. Sliced cheese.

The children can set tables and serve the lunch right after Meeting. This project, unless you do advance preparation, will require two hours. Therefore, plan to meet an hour early, if your Meeting and First-Day School are simultaneous.

2. Snacks for the Meeting - Prepare punch and snacks
 - a. Punch - Use a combination of gingerale or Seven-Up and fruit juices such as orange, pineapple and cranberry.
 - b. Snacks - Choose one or two of these:

Cooked:

1. Sugar cookies - Either use ready-made dough or sugar-cookie mix, both available at the supermarket. If you want dough made from scratch, you or the children will need to make it Saturday and refrigerate overnight. Roll out the cookies and cut into shapes with cookie cutters. After baking, ice with confectioners sugar icing colored with food coloring. Apply icing with small paint brushes. Sprinkles can be added as well.

2. Crackerjacks

Ingredients: 1/4 cup margarine or butter
 1/2 cup honey
 6 cups popped corn
 1 cup peanuts

Equipment: Popcorn popper
 Very large bowl
 Saucepan
 Two large shallow pans

In saucepan heat over low heat the honey and margarine just until blended. In large bowl mix popcorn and peanuts. Add sauce and stir. Spread mixture into 2 large pans. Bake at 350 F for 7-10 minutes. When cool, stir.

3. Whole Wheat Pretzels

Ingredients: 2 loaves frozen whole wheat bread dough
 1 egg white, slightly beaten
 1 teaspoon water
 coarse salt

Equipment: Baking sheet
 Small bowl
 Pastry brush
 Pan with water

Thaw frozen loaves of dough in the refrigerator overnight. Divide each thawed loaf into 12 balls. Roll each ball into a rope 12 inches long. Shape dough into pretzels by forming a knot and looping ends through. Grease baking sheet and place the pretzels 1 inch apart. In small bowl combine egg whites and water. Brush on pretzels and sprinkle coarse salt on top. In large shallow pan pour 1 inch of hot water and place it on the very bottom rack of the oven. Place the pretzels on the middle rack of the oven and bake at 350 F for 20 minutes.

4. Muffins About 2 dozen 2" muffins

Preheat oven to 400 F.

Sift before measuring: 1-3/4 cups flour

Resift with: 3/4 tsp. salt

1/4 cup sugar

2 tsps baking powder

Beat separately: two eggs

Combine and add: 2 to 4 TBS melted butter

3/4 cup milk

Mix lightly (20-30 seconds). Lumps are OK.

Bake in well greased muffin tins, 20-25 minutes

Uncooked

1. Delicious Dip

1/2 c. cottage cheese (or plain yogurt)

1/4 c. grated cheddar cheese

1 tsp. parsley

1/2 tsp. dill weed

1 tsp. Worcestershire sauce

1/2 tsp. salt

Mix cheeses. Add seasonings and mash together. Serve with raw vegetables - carrots, celery, green pepper. Try zucchini, raw green beans, or sugar snap peas. Broccoli and cauliflower are good too.

2. Peanut Butter Balls

- 1 c. peanut butter
- 5 T. nonfat dry milk
- 1/4 c. raisins
- 1/4 c. honey
- 1/2 c. coconut

Mix everything together and roll into balls. Roll in sesame seeds. (Cheaper if bought in bulk at a health-food store.)

3. Uncandy Bars

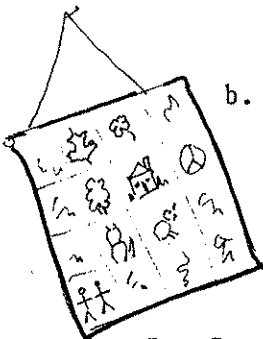
- 6 slices bread
- 2 T. finely chopped nuts
- 1 T. wheat germ
- 1/4 c. peanut butter
- 1 tsp. cocoa (optional)
- a little peanut oil

Trim crusts from bread. Cut each slice into 1/2 or 1/3s. Let all dry overnight or in a 350 F oven for 1/2 hour. Crumble crusts and mix with nuts and wheat germ. In another bowl mix peanut butter with enough oil to make it thin. Add cocoa. Dip bread sticks in peanut butter, roll in nuts and eat!

3. Planting a garden - This project can take several forms. Today you might clear a space for a garden and start some seeds indoors. Or if a space is available, you could plant purchased flowers or vegetables. Let the children lay out the garden. They can make a sign for the garden; make up a name for the garden, e.g. " Friendly Garden", and put it on the sign. The edge of the garden can be bordered with rocks. This is an on-going project, so plan to give the garden some attention in future weeks.
4. A mural or a wall hanging to decorate the meeting - if possible decide on the theme the week before.

- a. A mural - Spread out a large piece of butcher paper. Provide tempera paint and brushes as well as chalk for outlining. First decide on a general subject - seasons, Quakers, nature, the Meeting, light, etc. Identify the content of each section of the mural and let children draw outlines of their ideas with chalk on the butcher paper. As far as possible let the children choose which area they want to work on.

- b. A wall hanging - Individual fabric squares stitched together make a nice wall hanging. Use fabric crayons to make designs on the fabric (follow directions on the box: some go directly on the fabric, others are ironed on) or use fabric paints and stencils. Each child does one or two squares. Take the squares home and stitch them together. For the edge, either turn under a hem or sew on a fabric border. Attach the hanging to a dowel and use a string to hang it up.



5. Cards for Shut-Ins

Make cards out of drawing paper. Use any technique to decorate: collage using construction paper or magazine pictures, stencilling, water colors, spatter painting, vegetable printing, etc. Inside the children can write personal messages. You might also include the Cinquain you wrote last week or write a special one for this project (See Lesson IV). Have envelopes ready for the children to address. If there is time, walk to a post box and mail the cards.

6. Flowers for Meeting members - Children can present these flowers to Meeting members at the rise of Meeting.

a. Natural flower corsages

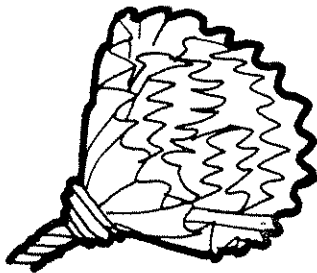
Parents and teachers bring in fresh cut flowers to be made into corsages, boutonnieres, and bouquets for the women and men of the Meeting. Additional supplies include small white paper doilies, aluminum foil, ribbon, and pins. The children choose small handfuls of flowers, wrap the stems tightly in a square of foil, and carefully push the wrapped stems through the center of a doily. A ribbon bow is added and a pin for attaching to a dress or coat. It is particularly touching to have the bouquets quietly handed out by the children in the silence of the Meeting for Worship.

b. Artificial flowers - Present to members as bouquets or corsages.

There are many ways to make artificial flowers. Do not be limited by these two suggestions.

1. Tissue flowers -

Materials - colored tissue paper
wire
green cloth tape



Cut tissue into 8 x 10 inch pieces. Fold accordian style with folds about 1/2" in width. Bend the tissue in the middle and place a length of wire over the fold. Twist the wire to secure the tissue and then bend both sides of the folded tissue up together. Twist wire again around the tissue, forming the base of the flower. Now trim the tissue so the petals are uneven and shaped. Wind green tape around the base of the flower and down the wire. Add leaves, if you wish.

2. Egg Carton Tulips



Materials - egg cartons, scissors, pipe cleaners

Cut egg cartons into twelve individual egg holders. Cut out petals along sides of each egg holder. Attach a pipe cleaner for a stem.

Closing:

Your closing will depend on your project. If you are together as a class, have your usual quiet time. In any case, be sure to provide a way for the children to let the Meeting know about their project.