

Journeys in the Spirit

February 2023

All you need is love



Love is in the air this month! Valentines Day cards crowd the shops, heart shaped balloons fill the windows and it's hard to miss. But what is love and how can we show it all year round?

Our life is love, and peace, and tenderness: and bearing one with another, and forgiving one another, and not laying accusations one against another: but praying one for another, and helping one another up with a tender hand Isaac Penington, 1667

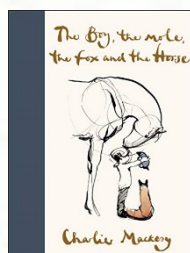
Read

Charlie Mackesy's book, "*The boy, the mole, the fox and the horse*", started life as a series of Instagram posts. He realised that his simple drawings were helping people through some very tough times and was encouraged to create the book.

***"My inspiration for the book was probably a desire to say things that I thought really mattered."* Charlie Mackesy**

His book has been given as a gift millions of times over and his 'Love wins' t-shirt raised funds for Comic Relief. Charlie has used his gift of drawing to share love and hope across the world.

Read or listen to the book [here](#)



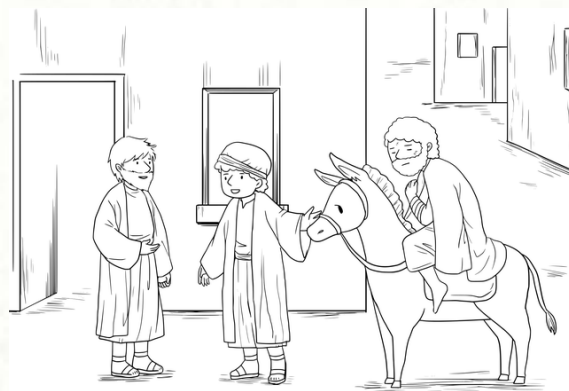
Widely available from most booksellers and online second-hand sellers:
<https://www.wob.com/en-gb>

Love Letters

During lockdown, images from the book appeared in homes, schools and hospitals around the globe. These images helped show love and care in very difficult times. You could create your own version. Imagine there was a missing page, what would the picture be and what would it say? This could be accompanied by a drawing or collage, and given away or displayed in the meeting house.

The Good Samaritan

It can be easy to love people we know, or that are like us, but what about those people that we have little in common with, or that we find difficult? The Good Samaritan is a story Jesus told to encourage us be kind to everyone and count everyone as your neighbour, even if they have a different background to you, or believe different things. The story can be found in the Bible, Luke 10:25 – 37 and is a parable.



The parable is available as a [Godly Play](#) retelling and can be followed with wondering questions: *I wonder what it means to be a neighbour, I wonder what would happen if the person finding the injured traveller were a child?* You can watch this version of the story [here](#). Visit the [Godly Play](#) website for details of how to train in Godly Play.

Love the Earth

Show your care for earth by [caring for your local environment](#). Does the meeting house garden need tidying up? Or the streets around it? Organise a clean-up and let people know why you're doing it. This could be an all age activity involving the whole community with each using their gifts to care for others. Can someone make refreshments? Paint a poster? Organise the activities? Each person can bring something and that might be big or small – each is a way of showing love and care.

'You are revolutionary' by *Cindy Wang Brandt*, is a book that shows how each of us can change things just by being ourselves. Listen and watch it told [here](#).



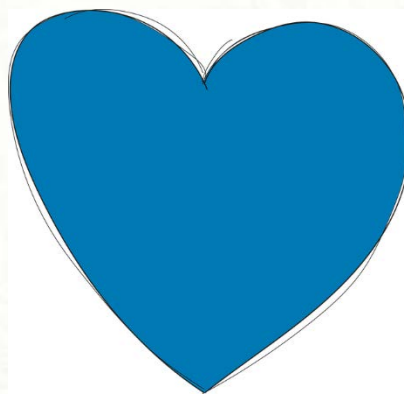
Or how about planting some flowers in pots to give away or enhance the space where you are?

I Love You



Learning another language, or sign language to communicate with someone, is another way to express love and care. Learn key phrases on the [British Sign Language](#) site and share these with the children.

Make

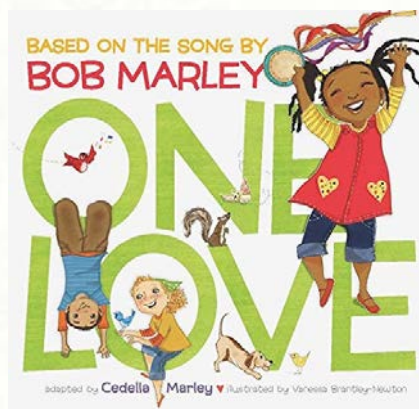


Being grateful is an important part of being kind. Share your gratitude for those you care about by writing thanks for them on a cut out heart. What is it that makes you grateful for that person? For more caring and sharing activities visit the [Sesame Street site](#).

Sing

[Love is all you need](#) and [All you need is love!](#) There are plenty of songs to learn about love. [Sing me on a journey](#) is available online and has a section on Love and Friendship. Singing is a wonderful way of bringing your Quaker community together.

Bring together [song time](#) and [story time](#) with this beautiful version of Bob Marley's *One Love*. It has ideas for showing our love for each other and for the earth.



Images from [pixabay](#)

