

Journeys in the Spirit

May 2023

Truth



Truth, Peace, Simplicity and Equality are values we can all try to live up to in our daily lives. They encourage and challenge us in the choices and decisions we make.

For Quakers, these values are especially important.

[Let's explore the Quaker Way](#)

Read

[The Sad Little Fact by Jonah Winter](#)

Quakers try to live according to the deepest truth we know. This means speaking the truth at all times, including to people in positions of power. This modern-day parable tells of a fact locked away because some people didn't want to hear it. But facts can be stubborn and are too important not to be heard. With the help of a few expert fact-finders, the facts make a daring escape and bring the truth back to brighten the world. Because, after all, "a fact is a fact," and that's that!

Wondering Questions

The story of *The Sad Little Fact* could prompt a variety of questions depending on the age of the children. Some general wondering questions will help the children unpack the story and find what is meaningful for themselves.

[Read here](#) about wondering questions.

I wonder what part of the story you liked best? I wonder what part of the story is most important? I wonder where you are in the story?

Draw



As well as talking about the book, children could draw their favourite part of it. During this time encourage children to talk about what they have chosen to illustrate.

Worship

Often truth comes to us in the stillness as we worship.

We are all searching for something.

Sometimes we have to look in deep, quiet places inside us - [Quaker meeting and me](#) is a booklet intended to help children find a way into meeting worship.

[The Worship Kit by John Lampen](#) - a young person's guide to Quaker Worship may be a book in your Meeting House Library, and has some ways of helping children be in worship.

Sing

[True Colours by Cyndi Lauper](#)

A song about being yourself in a world full of people where you can lose sight of it all. For more songs you can use in your community use [Sing me on a journey](#).

True and False

Make two signs which say "True" and "False" (or T and F). Use pieces of paper taped to a lolly stick. Talk with the children about what the words mean and use examples of some things that might be true or false, while they hold up the correct sign for what you say. Swap so the children make true or false statements, and you hold up the signs. This game can remind us that we should always use our knowledge to decide what's true and how we don't have to believe without thinking for ourselves, and how sometimes we may need to ask for help and learn new things to discover the truth.

Watch

[Red: A Crayon's Story](#), by Michael Hall, is about being true to your inner self and following your own path despite obstacles that may come your way.

Do we know everything about someone just by looking at them? Talk with the children about this.



Photocopy the template opposite and draw or write on the crayon:

- what people might not know about us just by looking at us
- our likes and dislikes
- how we're feeling

Template

