

# Journeys in the Spirit



August 2023

Lights, Camera, Action

## Happy Birthday George!



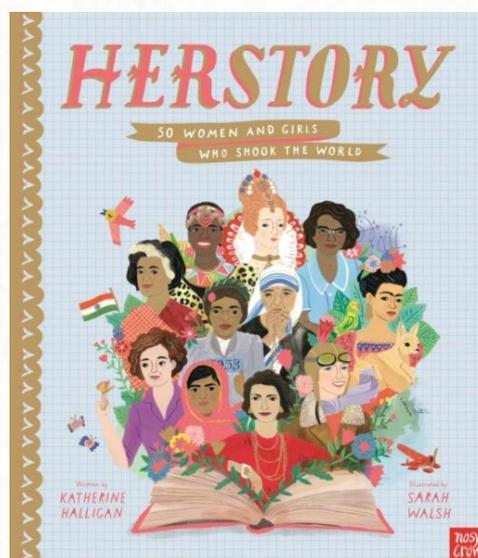
Illustration by Marcela Terán/Liberation Works

In 2024, the Quaker community will celebrate the four-hundredth anniversary of George Fox's birth. To commemorate this occasion, the Quaker Arts Network, is inviting Quaker schools, summer camps, children's meetings, and other Quaker groups to create short films that showcase an aspect of George Fox's life and message. These films will be displayed on the Quaker Arts Network website and at events. The project will be ongoing from September 2023 until Yearly Meeting in 2024.

## Where to start?

You can [download and print](#) the George Fox Birthday Pack made by Friends World Committee for Consultation, which contains stories about George Fox, suitable for both younger and older children. [Watch](#) an example from Quaker Arts Network member Amanda Jones of a film she made with very simple means. For more details of the film project and tips on how to visit the [Quaker Arts Network](#) site.

Every day, individuals across the globe are making an impact with their actions. *Herstory* chronicles the remarkable journeys of 50 women who transformed history through their hope, creativity, intellect, and other frequently overlooked qualities.



## Can you imagine?

Do you think these women ever imagined they would be as brave as they turned out to be? And make such a difference? What about George Fox? Wonder with the children if *they* could do *anything* – what would it be?

[Watch this fun film for inspiration.](#)

One of the remarkable tales featured in *Herstory* is that of Harriet Tubman, a courageous fighter against slavery. Despite having been held captive in the fields, she managed to escape and later returned to assist others in their own escape. She bravely led numerous individuals to freedom and even served as a nurse on the battlefield during the Civil War.

**"Every great dream begins with a dreamer. Always remember, you have within you the strength, the patience, and the passion to reach for the stars to change the world."** Harriet Tubman

### Sing

[Sing me on a journey](#) is full of songs to inspire. The playlist that accompanies the song book can be found on YouTube. [S Club 7](#)'s 'Bring it all back' is a fun tune to share and learn with children. Could you make a birthday song up about George?

### Story

Discover the story of George's big discovery and how God reveals truth to us in the [FAITH & PLAY™](#) story. Faith & Play stories are for Friends to use as a vehicle for learning about Quaker faith and practice, and to explore our identity as Friends. Maybe try filming your version of George's story using props.

### Make



Create a camera from scrap cardboard and make 'The Life of George Fox' as the film strip.

These could create a display on the Meeting House notice board. Have fun with this and interview members of the meeting, or neighbours and create their life stories on film strips. A great way to get to know each other. [This short tutorial](#) will show you how.

### Play

All you need for a fun game is some coloured tape and some floor space. Gather some coloured tape and clear out a space on the floor at least two meters long.

Place the coloured tape in parallel lines on the floor, leaving enough space between them for a child to walk.

Assign a different task to each colour, such as hopping, skipping, or dancing.

Invite children to walk across the lines of tape, completing the task assigned to each colour as they go.

Encourage children to use their imaginations as they walk, pretending to balance on a tightrope or cross a treacherous bridge. They could imagine walking up Pendle Hill like George Fox - who, according to his diary, climbed it "with difficulty. It was so very steep and high".

**The world is changed by ordinary people.  
Little people living out big love!**

The Kid President project aimed to unite kids and adults to improve the world. Through a series of videos, Kid President motivates and delights viewers with his messages. In [this video](#) he shares his thoughts on how to make a positive impact on the world.

Ask children what their ideas for making a difference are.

**'Live up to the light thou hast, and more will be granted thee.'**

Caroline Fox (1819–1871) in her journal age 21  
Quaker Faith and Practice 26.04

