

# Journeys in the Spirit

August 2024

Live Adventurously



Live adventurously. When choices arise, do you take the way that offers the fullest opportunity for the use of your gifts in the service of God and the community? Let your life speak. When decisions have to be made, are you ready to join with others in seeking clearness, asking for God's guidance and offering counsel to one another? A&Q 27

What comes to mind when we think about going on an adventure? Is it up a mountain, across an ocean, or on a super long train journey to the top of Scotland? Ask the children what they think. Have they been on an adventure? Where to? Who were they with?

## Story Stick



Gather in a circle and let the children know that you are all going to tell a story. Have a decorated stick on hand – this will be the story stick. Start the story yourself and pass the stick to the person next to you. The person holding it can continue the story. Explain that today's story is an adventure story and the person holding the stick will add to what has been said before, expanding the adventure. After each person has had a turn or two, or the story seems to be coming to a natural conclusion, choose someone to end the story.

## Create

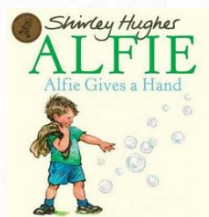
Collect some sticks from a local park or the meeting house garden, if available. These should be sturdy enough to attach things to. Use string, masking tape, or wool to attach foraged materials such as leaves, feathers, or flowers to the stick. Children can then use the

stick to tell a story – for example, they can imagine where a feather came from, perhaps it was dropped by a passing golden eagle that got lost while chasing a parrot.

## What's in your rucksack?

What might an adventurer need? Wonder with the children about the contents of an Adventurer's rucksack. Is there water? Suncream? Snacks? Do different adventures need different supplies?

## Read



Alfie is invited to his first birthday party and feels anxious. He brings his comfort blanket but eventually decides to put it aside to help his friend.

Ask the children if they think of this as an adventure story. Do adventures always have to be exciting or can they be new things, or things that we might find scary the first time we do them? Could helping someone be an adventure? In the story Alfie is brave – what does being brave look like? Is it speaking out or doing the right thing? Why might this be hard for us sometimes?

## Adventurous Jelly

Here's a fun game idea for having an adventure in a new way. Get some plastic bowls and fill them with jelly. Before the jelly sets, put some small, safe plastic toys inside. Next, have the children close their eyes or use blindfolds. Then, put the bowls in front of them and let them try to find the toys using their hands. Not all children will want to do this but don't forget the tissues for those that do!



## A simple plan for an all-age Meeting for Worship

Gather in stillness. In the middle of the room have a large rucksack and next to it a map, a compass, some food (Kendal mint cake or a bar of chocolate would be ideal), a bottle of water, some socks, gloves and a woolly hat and a torch. Towards the beginning of the meeting, have *Advices & queries* 27 read out.

Next, introduce the idea of 'going on an adventure' and ask about some of the things we need to take. Ask those present to say something about each of the items by the bag and what they might mean: the map might be guidance to help us find our way; the compass might be the voice or prompting in each of us; the food and drink are nourishment and refreshment; the warm clothing is comfort; the torch probably speaks for itself.

Ask people to say what these things might mean to them. What would you take to sustain and nourish yourself? What helps to guide you and show you the way? Where do you find the light to guide you? Invite people to pick up and write on one of the rucksack pictures what they need for an adventure and write on the card.

At the end, one of the children might ask, 'What is your next adventure? What is our next great adventure as a meeting? Finish with another period of stillness, during which people wonder and reflect on what has been said and shared.

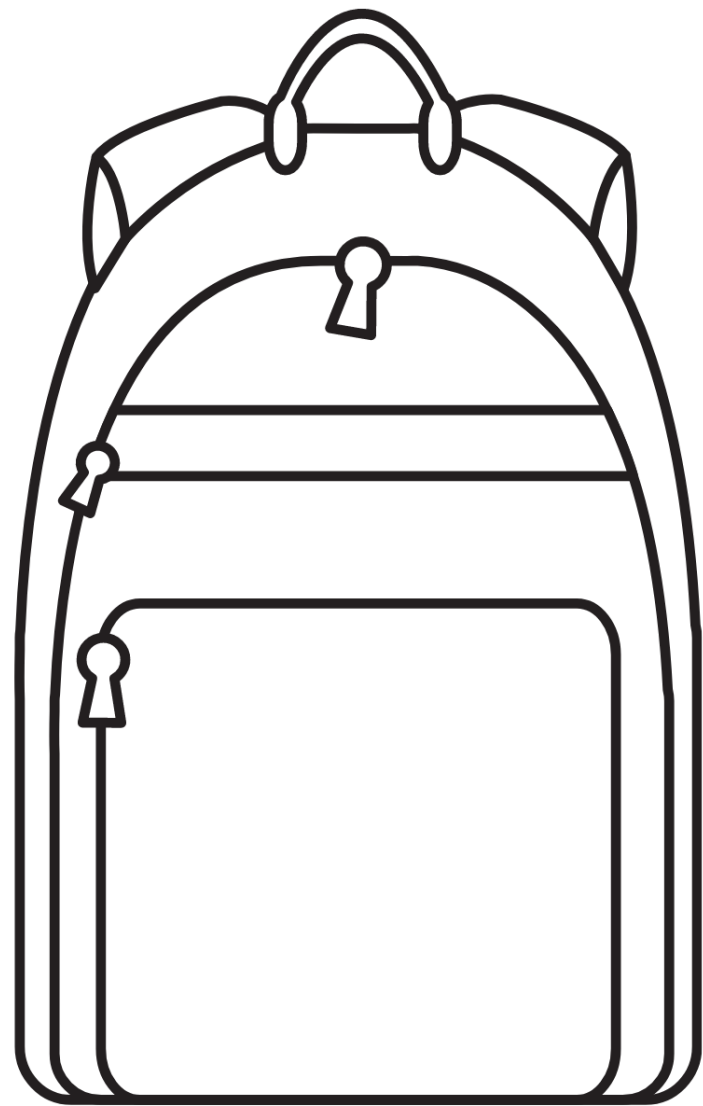
End with this quote from *Qf&p* 21:43

*...magnificent opportunities lay all around (them). We need not go to the ends of the earth to find them; we need not be young, clever, fit, beautiful, talented, trained, eloquent or very wise. We shall find them among our neighbours as well as among strangers, in our own families as well as in unfamiliar circles – magnificent opportunities to be kind and patient and understanding.*

*This is a vocation just as truly as some more obviously seen as such – the vocation of ordinary men and women called to continual,*

*unspectacular acts of loving kindness in the ordinary setting of every day.*

Followed by a handshake and then some refreshments.



Copy this image onto card and have enough copies available for all those in the meeting.

