

The Nature of Friendship

St. James
VBS 2021
Volunteer Handbook

Theme: The Nature of Friendship

Lesson Goal: Unearth a friendship with God.

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Registration At The Ranger Station

Located in the Narthex, this station is set up with two short tables or one long table with two separate lines for pre registration and new registration. Supplies needed for this station are as follows, VBS registration and medical release forms, ink pens, accordion folder containing alphabetical tabs, t-shirts, name badges with lanyards, backpacks, and the known allergy roster. Decorations should include a rustic cabin feel complete with lanterns.

When each child arrives at VBS they will be greeted at the front door by you at our Ranger Station. This is a very important job. This is where the children will register, be given a name tag, t-shirt, and be split into dens for the day.

A den is a small group of children led by a young adult or adult volunteer. The dens are listed 1-5 and consist of five children of mixed age groups and one den leader. The number of children in a den can be adjusted depending on the number of children attending VBS. One den can take up to 10 children. Keep in mind though that we want to keep the number of children in each den as even as possible. This will keep all game play throughout the day fair. There should be a diverse group of children in each den. Ages and gender should vary and separate sibling groups when able. If a child wants to be with their friend or sibling, that's ok. We want the children to have a great day, so if this is important to them, let them. If possible though let older children have a break from their younger siblings and younger children a chance to make new friends with their den. Each den will choose a name in the opening program so list them by number for now.

Contact information for each child is collected on the VBS registration forms and will include the names, addresses and contact information for the parents as well as medical information and release forms.

We will be asking for any allergies the child might have. This is very important! Any food allergies should be shared with the kitchen staff, (Also known as the Grub Hub.) as well as the child's den leader. We want to keep this information private so the child feels welcome. Please share the information as discreetly as possible by having one person escort the child to their den (this will need to be done for all the children anyway) , introducing them to their den leader and then whisper to the den leader what the allergy is. They will then proceed to the kitchen to inform the kitchen staff.

**Note-There should be three allergy lists. One for the registration station, one for the den leader and one for the kitchen staff. The director will check all three for each den to make sure that no one was missed. These lists should remain at these stations at all times.*

Pre Registration will be key in making this process go smoothly. As registration forms come in they should be filed in alphabetical order and placed in an accordion folder to be accessed quickly when needed. Name tags, backpacks, t-shirts and den assignments can then be done ahead of time. I have found it easier to have two lines at the registration table. One for pre registered and one for new registrations. It is important to also note that any known allergies should be written on the registration roster and given to the den leader for both lines.

Someone will need to be at the Ranger station at all times even after registration is complete. The children will be instructed that if they get separated from their group, don't feel well/get a booboo, or have questions or concerns their den leaders are not able to answer, they are to return to the Ranger Station for guidance. A fully stocked first aid kit will need to be placed at the Ranger Station. Please include dry towels. The children will be playing in the water and some will forget to bring a towel!



Decoration Ideas For The Ranger Station and Welcome Wagon

The Welcome Wagon

9:45-10 am

This station is in the parish hall and will use the camping theme decorations on a small stage. Microphone will be needed as well as a sound system and TV, with an HDMI cable hooked to a laptop set up with internet access. The backdrop will need to be changeable from a day to night scene.

Welcome to the nature of friendship, VBS! Today we will take a walk in the woods while discovering how to be a good friend. Who is the best friend to us all? Well, the King of Kings of course! Jesus! Today we are going to explore our friendship with God! How do we talk to him? What do we even say?! Today is going to be a big day full of laughter, fun and friendship so let's get ready!

Before we get started, let's play a little game. As you came in today you registered at the Ranger Station and were assigned to a den 1-5. Each den has a den leader that hopefully you have already made friends with. There is something missing though. Does your den have a mascot? On your table you will see three animals, all of whom live in dens. You and your den will take a moment to choose one of those animals to be your mascot for your den.

(Give the dens time to do this.)

Now that you have chosen, take the two animals you didn't pick and pass them to the table to your right.

(Give the dens time to do this.)

Now that you have chosen a second time, take the ones you did not choose and pass them to the table to your right.

(Again give time and do this two more times. Every den will have had a chance to pick from the unwanted animals.)

I see some animals did not get picked. That's ok because those animals are picked by God, in fact all animals are picked by God because he made them. He made you too! Do you know what else? God has picked you! He wants to be your best friend and even gave his life so that you could have life more abundantly! But, how do we become friends with God?

One of the ways we can be a good friend to Jesus is through praise, worship, and dancing. Praising God with words, actions and music is a great way to show him we are his friend and that we honor and love him!

*Praise Song: (3:23 min.) Ask Seek Knock (Lyric Video) - Hillsong Kids,
<https://youtu.be/J3vXskhIIig>*

I don't know about you guys but all that dancing has made me hungry. Let's get ready for some grub at the Grub Hub!

In just a minute our wonderful Grub Masters will set out some grub. Each table will take turns going to the serving window to choose what you'd like on your plate.

(Release groups by den starting with the table closest to the kitchen serving window)

Now that everyone has eaten please place your garbage in the trash and sit back down.

(Release by table closest to the trash.)

Once everyone is seated your den leaders will go over with you the schedule for the day and give each of you a den mission.

(Give Den Leaders time to hand out den missions. Instructions in the den leaders guide)

Ok everyone follow your den leaders to your next adventure. See you at lunch!

The Grub Hub

Breakfast Menu

*Bagels and Cream Cheese
10:00am-10:20am*

Bagels, cut into four pieces.

*(Help the children choose what flavor they want and place it on their plate.
Remember to wear gloves.)*

Cream cheese, spreadable fruit, and butter.

*(Help children to choose their dipping sauce and place it on their plates for them.
Remember to wear gloves.)*

***Note: No peanut butter; we will be nut free today!**

Cow's Milk, Soy Milk, Juice, and Water

(Help the children choose a drink. Remember to wear gloves.)

Napkins

(Provide napkins at the end of the assembly line.)

***Note: No nut milks allowed. We are nut free today.
Soy milk by request only.**

****Note: Remember to check your allergy list and ask your den leaders if there are any known allergies in their den just in case someone didn't make it on your list.**

Instructions: Each table will be released to the serving window one at a time. Have each child tell you what they would like on their plate. Volunteers can form an assembly line to make this go faster. Remember to wear gloves.

Meditation Music May Be Played, Spotify VBS Playlist, have the children take a few deep breaths and relax to the music before starting the prayer.

Prayer done by the Priest or Director

Grace at Meals, BCP 835

For These and all his mercies, God's holy Name be blessed and praised; through Jesus Christ our Lord. Amen.

Lunch Menu

*Bagged Lunch
12:10pm-12:50pm*

Lunch Meats

(Provide three choices: Turkey, Bologna or Cheese.)

Slice Cheese

(Provide three choices, American, Pepper Jack, or Colby)

Bread

(Provide two choices, white or wheat. Keep in mind that most kids don't like wheat bread so stock up on more of the white bread.)

Sides

(Provide three choices, lettuce, pickle, onion, tomato. Keep in mind most of them will not ask for veggies so be careful not to overbuy.)

Condiments

(Provide three choices, mayo, mustard, ketchup.)

Chips

(Provide three choices, sour cream and onion, original, barbecue. You can buy these in the big family size bags and separate them out into sandwich bags ahead of time. This will save money.)

Beverages

(Provide canned lemon lime, grape, orange, punch, etc. Pick three and get what's on sale. Also, provide bottled water. We want them to stay hydrated.)

Brown Paper Bags and Napkins

(After each child has chosen what items they would like, put them in a brown lunch sack with a napkin.)

***Note:** No nut milks allowed. We are nut free today.
Soy milk by request only.

****Note:** Remember to check your allergy list and ask your den leaders if there are any known allergies in their den just in case someone didn't make it on your list.

Instructions: Each table will be released to the serving window one at a time. Have each child tell you what they would like on their plate. Volunteers can form an assembly line to make this go faster. Remember to wear gloves.

Meditation Music May Be Played, Spotify VBS Playlist, have the children take a few deep breaths and relax to the music before starting the prayer.

Prayer done by the Priest or Director

Grace at Meals, BCP 835

Bless, O Lord, thy gifts to our use and us to thy service; for Christ's sake. Amen.

Snack Menu

S'mores!!

2:40pm-3:00pm

Graham Crackers

Medium or Large Marshmallows

Hersey's Chocolate

Water Bottles

(Prepare Ziploc bags ahead of time with one sheet of graham cracker, one marshmallow and a square of chocolate. Provide each child with a small water bottle.)

****Note:** The kids will proceed to the fire pit where they will roast their marshmallows and assemble their S'mores. Please provide the den leaders with extra marshmallows for roasting.

Dinner Menu

*Chicken Alfredo
6:10pm-6:45pm*

Chicken Breast

(You can get a 3lbs bag for \$6 at Wal-Mart. The plan is for up to 50 kids. We will have a better count after the close of pre-registration is August 6th.)

Fettuccine Noodles

(You can get the great value brand at Wal-Mart for a dollar or get them in bulk at Sam's Club)

Alfredo Sauce

(These also can be bought in big jars at Sam's Club)

Parmesan Cheese

(Here you can either provide a small container on the tables or they can get it in the assembly line.)

French Bread

(Again these can be purchased at Wal-Mart or Sam's Club in bulk)

Mix Salad

(These can be bought in large bags also at Wal-Mart or Sam's Club)

Salad Dressing

(Provide three choices, Ranch, Italian, and Caesar)

Salad Toppings

(Croutons and bacon bits are a safe choice. Not nuts please. We are nut free today.)

Beverages

(Iced tea, Lemonade and Water)

Meditation Music May Be Played, Spotify VBS Playlist, have the children take a few deep breaths and relax to the music before starting the prayer.

Prayer done by the Priest or Director

Grace at Meals, BCP 835

Give us grateful hearts, our Father, for all thy mercies, and make us mindful of the needs of others; through Jesus Christ our Lord. Amen.

Daily Schedule For All

| Times | Den 1 | Den 2 | Den 3 | Den 4 | Den 5 |
|-------------------|-----------------------------------|-----------------------------------|-----------------------------------|-----------------------------------|-----------------------------------|
| 9-10am | Reg. Station/ Welcome 9:45 | Reg. Station/ Welcome, 9:45 | Reg. Station/ Welcome, 9:45 | Reg. Station/ Welcome,9:45 | Reg. Station/ Welcome, 9:45 |
| 10- 10:20am | The Grub Hub Breakfast |
| 10:25- 10:55am | Be Yourself | Be Respectful | Be Loyal | Waterborne | Be Selfless |
| 11- 11:30am | Be Loyal | Be Yourself | Be Respectful | Be Caring | Earthling Undertaking |
| 11:35- 12:05pm | Earthling Undertaking | Be Loyal | Be Yourself | Be Respectful | Be Caring |
| 12:10- 12:50am | The Grub Hub Lunch |
| 12:55- 1:25pm | Be Respectful | Be Caring | Be Trustworthy | Earthling Undertaking | Be Loyal |
| 1:30- 2:00pm | Be Caring | Waterborne | Earthling Undertaking | Be Trustworthy | Be Respectful |
| 2:05- 2:35pm | Waterborne | Be Forgiving | Be Caring | Be a Good Listener | Be Humble |
| 2:40- 3:00pm | Snack and Break | Snack and Break | Snack and Break | Snack and Break | Snack and Break |
| 3:05- 3:35pm | Be a Good Listener | Earthling Undertaking | Be Selfless | Be Humble | Waterborne |
| 3:40- 4:20pm | Be Trustworthy | Be a Good Listener | Be Humble | Be Forgiving | Be Yourself |
| 4:25- 4:55pm | Be Humble | Be Trustworthy | Be a Good Listening | Be Selfless | Be Forgiving |
| 5:00- 5:30pm | Be Forgiving | Be Selfless | Waterborne | Be Loyal | Be Trustworthy |
| 5:35- 6:05 pm | Be Selfless | Be Humble | Be Forgiving | Be Yourself | Be a Good Listener |
| 6:10- 6:35pm | Grub Hub |
| 6:35- 7:00pm | Sunset Point /Pick- up | Sunset Point /Pick- up | Sunset Point /Pick- up | Sunset Point /Pick-up | Sunset Point /Pick-up |

Be Yourself

(*Zacchaeus*)

This station will be in a classroom and can be decorated with all things outdoors keeping in mind the story of Zacchaeus and his sycamore tree.

The Story of Zacchaeus

Jesus entered Jericho and was passing through. A man was there by the name of Zacchaeus; he was a chief tax collector and was wealthy. He wanted to see who Jesus was, but being a short man he could not, because of the crowd. So he ran ahead and climbed a sycamore tree to see him, since Jesus was coming that way. When Jesus reached the spot, he looked up and said to him, "Zacchaeus, come down immediately. I must stay at your house today." So he came down at once and welcomed him gladly. All the people saw this and began to mutter, "He has gone to be the guest of a 'sinner.'" But Zacchaeus stood up and said to the Lord, "Look, Lord! Here and now I give half of my possessions to the poor, and if I have cheated anybody out of anything, I will pay back four times the amount." Jesus said to him, "Today salvation has come to this house, because this man, too, is a son of Abraham. For the Son of Man came to seek and to save what was lost."



Lesson Goal: Knowing God's Acceptance

Oftentimes we are told, encouraged, and/or led to believe that we must seek a level of goodness or perfection to be worthy of God's friendship, that being accepted by God depends on our good works.

Here we want the children to understand that God knew them before they were born. That he loves and accepts them for who they are regardless of their failures or shortcomings. (No pun intended on Zacchaeus here...unless you'd like to be a little puny today.) We can have a friendship with God that is honest about who we are, how we behave, or even what we understand to be right or wrong.

In the story of Zacchaeus, Jesus didn't wait for him to start being a better person before asking to come to his home. Jesus didn't tell him he was a bad person for taking money from people. He was kind to him even when others made fun of him and called him a sinner. Jesus wanted to be his friend! Then something remarkable happened! Zacchaeus had a change of heart!

God will walk with us even when we are wrong. He will accept us even when we are not at our best. The obvious lesson here isn't that God changed Zacchaeus' heart, even though that's a good and valid point. The lesson here is that Jesus loved Zacchaeus before he had a change of heart. That he wanted to be his friend despite the fact he was a chief tax collector. Jesus saw the goodness in Zacchaeus even though he was doing the wrong thing.

Jesus knows that what we do isn't always who we are. He knows our hearts and sees us clearly even when we aren't making the best choices. Hearts are complicated things! They are made up of what makes us good and what makes us not so good. These good and not so good threads get tangled up sometimes and it's hard to tell what is right or wrong. But, here is the good news! Jesus knows our heartstrings and all of its tangled threads. He helps us every day to detangle them so that we can make the best choices toward love. Jesus is love and when we choose love, we choose him!

Craft: Tangled Heartstrings Necklaces

To remind ourselves that hearts are complicated and Jesus loves every string.



Materials:

1. 20 gauge wire or stronger pre-shaped into hearts.
**Note: The wire must be strong enough to hold its shape while the children wrap the string around it.*
2. String or yarn in a variety of colors
3. Safety scissors

Instructions:

1. Pre-shape the wire into hearts before VBS day.
2. Pre-cut yarn or string to

Be Loyal

(Ruth and Naomi)

This station will be inside and outside. It will start in the parish hall and move outside under a canopy preferably on grass so that any falls will not scrape up knees! Props and decorations may include straw baskets, a bundle of wheat or bowl or a bowl of wheat, clay pots, a mortar and pestle, a fire pit for cooking. These props can be used to talk about the story. Refer to them as you tell about Ruth picking wheat in the field caring as much as she could. Tell how they would have used the resources they had to feed and clothe themselves on their journey as well as in the new land. Be creative and use your imagination focusing on the friendship and loyalty these women had for one another.

Lesson Video: God's Story Ruth, Crossroads Kids Club, YouTube link:
<https://youtu.be/irThVpdeSXk>

***Note:** This link can be used if you like or tell the story in your own words and use props! Make it fun!

Ruth and Naomi

by Sharla Guenther

In a place called Moab there lived a nice family. Elimelech, his wife Naomi and their two sons moved there because there was more food there than where they used to live. After a while Elimelech died but Naomi wasn't alone she still had two sons.

Her sons got married but after about ten years they died too. At least Naomi still had her sons wives to keep her company, their names were Orpah and Ruth.

Naomi called her sons wives and told them, "I am going to go back to where I used to live and I would like you also to go back to your family where you used to live. May God show you kindness as you have shown me." All the women cried and hugged each other because they were such good friends.



Orpah didn't want to leave Naomi but Naomi told her not to worry, she would be fine. So Orpah left to go back to her family. But no matter what Naomi said to Ruth, Ruth would not leave. "Don't ask me to leave. Where you go I will go, and where you stay I will stay. Your friends will be my friends and your God will be my God."

So Ruth and Naomi returned to Bethlehem together. It was a good thing Ruth went with Naomi because Bethlehem was very far away and Naomi couldn't have traveled all that

way by herself. Ruth never complains but was a good friend to Naomi. She didn't expect anything in return, she just wanted to help.

When they got there Ruth decided that she should do some kind of work. It was harvest time, so she worked in the fields following behind the harvesters and picked up any barley that they had dropped.

The owner of the field came by to greet the harvesters and noticed Ruth in the field. He asked one of the harvesters who she was. "She came back from Moab with Naomi, that's all I know." Lucky for Ruth the owner of the field was Boaz, he was a kind man who believed in God. He had also been related to Elimelech (Naomi's husband that died). Boaz went to go talk to Ruth, he said to her, "Don't go work in any other field but stay here with the other servant girls. I will make sure you are safe and whenever you are thirsty go and get a drink from the water jars." When Ruth heard this she bowed down to Boaz and asked, "Why are you being so nice to me, I'm not even from here."

Boaz replied, "I know what you've done for Naomi, you left your family and moved to a place you've never been. May the Lord reward you for your kindness."

Ruth thanked Boaz and continued with her work in the hot sun. Boaz even ordered his workers to drop extra barley so Ruth could have more for herself.

Ruth took all the barley home and shared what she had with Naomi. And eventually Ruth married Boaz and everyone was very happy!

Being a good friend takes a long time to learn. A good friend is loyal, which means you keep your promises. God gives us friends when we need them, and we should treat them like a gift from God. Just like in the story, Naomi could have insisted the women come with her, but she was unselfish and wanted them to be free to go home to be with their families. And Ruth had such a good attitude and wanted to help. She moved away from everyone she knew and went to work to help Naomi. She didn't tell everyone what a good friend she was, she knew that she should be a friend like God wanted her to be.

Lesson Goal: Friendship is important and God wants to be our friend! We know we are part of God's family but do you know we are also God's friend!

In this story Ruth isn't just Naomi's daughter in-law she is her friend and as her friend she wasn't going to leave her to travel all that way and take care of herself!

When we are devoted to our friends we are loyal. We will choose them over all others, as Ruth chose Naomi.

Jesus has chosen us to be a part of his family and as family we are invited to be his friend. He has never given up on us and has given his life so that we can be free of sin! He even gave us the most precious gift of his spirit to live within us. He did all of this so he could be forever close to us. Through his spirit he guides and helps us along our life's journey.

We can be loyal to God too! Through prayer, praise and worship we can show God our loyalty and we can talk to him anytime we like. He can hear our thoughts and is not just around us but lives within us. We are part of God and he wants us to be a loyal friend to him just as he is a loyal friend to us!

Music: Song of Ruth with LYRICS (*Ask the music director to create a campfire version of this song and teach it to the kids.*

Wherever you go, I shall go
Wherever you live, so shall I live
Your people will be my people,
And your God will be my God, too.

Alternative song: Chris Tomlin - I Will Follow with Lyrics, https://youtu.be/kgqD_HQQir0

This song can be played by a volunteer under the canopy or the children can go back inside and watch the Chris Tomplin youtube video in the parish hall.

Game: Three Legged Race to Bethlehem

Materials:

1. Strips of cloth or rope. (If using rope make sure that it is nylon or some other soft material. We don't want the kids to get a rope burn!)
2. Caution cones, or an alternative start and finish line.
3. Whistle

Instructions:

Say, we are going to pretend to be Naomi and Ruth. Naomi was old and traveling such a long way would have been a hard journey. Ruth and Naomi needed to work together to get there safely. So, like Ruth and Naomi you and your partner are going to have to work together to make it to the finish line.

1. Tie the cloth or rope around the partners legs tying them together.
2. Have them start at the starting line two sets of partners at a time.
3. Have them all take turns.
4. The winners from each group race each other until there is a winner.
5. Have a prize ready for the partners that take the win and a little something for all who gave their best.

Be Respectful

(Jesus Clears the Temple)

This station will be located outside under a canopy. This means you can be creative with the space! Use camping props or take from this story and create a little temple to somewhat resemble what a temple would have been in the story. We have a small altar in one of the classrooms downstairs if you choose to go that route.

Jesus Clears the Temple

When it was almost time for the Jewish Passover, Jesus went up to Jerusalem. In the temple courts he found people selling cattle, sheep and doves, and others sitting at tables exchanging money. So he made a whip out of cords, and drove all from the temple courts, both sheep and cattle; he scattered the coins of the money changers and overturned their tables. To those who sold doves he said, “Get these out of here! Stop turning my Father’s house into a market!”



Lesson Goal:

When Jesus came into the temple at the time of Passover he was there to worship and teach the people.

When Jesus saw the temple full of merchants selling cattle, goats, and doves to the people to sacrifice he was angry for two very important reasons.

One, the merchants had raised their prices to make more money for the people who had traveled the farthest to come and worship. You see, people would oftentimes not bring their own offerings with them as it was hard to travel with animals. They would buy them when they got to the temple. So, these merchants were using the temple to take advantage of God’s people by charging them more than the animals were worth. The people needed offerings for their worship of God and had no choice but to pay the money changer’s prices.

The second reason is the most obvious; they were using God’s temple as a marketplace and disrespecting it by doing so. God’s house is meant for prayer and worship. It’s meant to connect us with God and give us peace. The money changers dishonored its purpose by using it not just to make money but to take advantage of people.

Being respectful of others is important in a healthy friendship. Respect is treating others the way you want to be treated. It’s caring about the thoughts, feelings, beliefs and rights of another person.

Activities: Respecting Boundaries

Materials: 8 Hula Hoops**How to play:**

Have one child stand inside the hula hoop. Explain that the hula hoop is the child's boundary of respect and for their partner to cross that boundary they must honor it by saying or doing what is within that boundary. Use the examples below or make up your own.

Answers will vary but when the child outside the hula hoop respects the answer of the child inside the hula hoop the child outside the hula hoop can join the child inside the hula hoop. This will symbolize mutual respect. Once this happens, have the children switch so each gets a turn. Here you can use the same example or give a new one. It's important to let each child have a chance to set a boundary and have that boundary heard by the other. They may have to come to a compromise. What's most important is they feel respected and heard. The child outside the hoop can't enter if there isn't mutual respect.

Example One: The two of you are going out to dinner. Ask the child in the hula hoop, What's a food you dislike? Now ask the child outside of the hula hoop, Knowing that your friend here doesn't like _____ what can you do to respect that boundary so you can have a nice meal together?

Example Two: Tell the child outside the hula hoop, you have invited your friend to the movies. Ask the child in the hula hoop, What kind of movies do you like? Now ask the child outside of the hula hoop what you can do to respect your friend's boundary so you can enjoy a movie together.

Example Three: Sometimes things make us sad. Ask the child inside the hula hoop, What's something that makes you sad? Then ask the child outside of the hula hoop, What can you do to respect the boundary of your friend when he/she says, _____ makes them sad?

Example Four: Ask the child inside the hula hoop. What is a name you don't like to be called? Then ask the child outside the hula hoop, What can you do to respect the boundary of your friend when he/she says, I don't like being called _____?

Example Five: Ask the child inside the hula hoop, What is something you strongly believe in? Then ask the child outside the hula hoop, what can you do to respect the boundary of your friend when he/she says, I believe in _____?

Example Six: Ask the child inside the hula hoop, What's something that people do that you dislike? Say to the child outside of the hula hoop, Now that you know your friend dislikes _____, what can you do to respect the boundary of your friend?

At this point you can talk about what would happen if another child came up to the boundary and asked to join in. What would then be the importance for the boundary to be respected? Does it get more complicated to respect everyone's boundaries when we are in a group? In our families and communities how can we respect each other? Talk about social justice and the importance of a society to respect the boundaries of its citizens.

If You Have Time: The Island Game

Scatter the hula hoops on the ground as they become the islands, a.k.a. the safe zones. The leader of the group calls “time to swim” or “time to sail” and all the kids run around and try not to get “caught” by the person. They can pause on an island to catch their breath and get away from the “it” person.

*Note: Be careful calling the person who is “it” a shark. This could scare the little ones.

Be Caring

(Dorcas)

This station will be located outside. A canopy can be used but isn't necessary. Yoga mats will need to be provided for each child and den leader. Props for the story can include woven baskets, handmade cloth from woven fabrics, such as flax, wool, cotton, and some silk. Flax fields, olives and pomegranate groves would have been just some of the food that grows in Joppa so having little baskets with examples in them for the kids to see would be great!

The Story of Dorcas

(Saint Tabitha)

One of the more beautiful stories in the New Testament is found in Acts 9:36-42 where we learn of a precious Christian woman named Dorcas (or Tabitha, in Aramaic). She lived in the ancient city of Joppa, which was an active seaport city on the Mediterranean Sea.

She was committed to good works and gave alms to the poor continually. She provided food, clothing and care to the widows and poor in her community.

As the Apostle Peter was ministering in a neighboring town Dorcas fell ill and died. Her body was bathed and groomed and placed into an upper room awaiting burial. However, when the disciples in Joppa learned that the apostle Peter was nearby they sent two disciples to summon him back to Joppa. Peter did not hesitate to accompany them back. When they arrived in Joppa, the disciples led him to the upper room where Dorcas' body laid.

As he entered, he was greeted by many grieving widows who wept for Dorcas. They shared stories about Dorcas with Peter, even showing him many of the garments and coats that she had made with her loving hands while she was alive.

After listening to them, Peter ordered the widows out of the room and knelt down and prayed next to Dorcas' body. Then, he said "Tabitha, arise." Dorcas opened her eyes and sat up when she saw Peter. He then reached out his hand to Dorcas and she arose from her deathbed. Peter then called for the widows and other disciples and presented Dorcas alive before them all!

Word spread throughout Joppa that the Apostle Peter had raised Dorcas from the dead through the power of the Holy Spirit. This caused many to trust in the Lord.

Lesson Goal:

Here we want the children to take away from this story two things. First and foremost, Dorcas was loved and admired for her generosity. Jesus has called us to take care of each other and it's



the most important job we have in being a good friend. Dorcas didn't just feed and clothe them, she cared for them as a good friend would.

The second thing we can learn from Dorcas is self care. Dorcas was so busy taking care of others she didn't take time to care for herself. Making sure you have proper diet, exercise and rest is important when it comes to caring for others. Self-care ensures that we are ready and strong enough to serve. There is a saying that goes like this, "You can't serve out of an empty cup." What that means is, taking care of yourself is taking care of others so when it comes time to serve you have the strength, health and mental clarity to make good choices. One of the things we can do to take care of ourselves is mediation, prayer and even yoga. Keeping the body strong and the mind clear is as important as eating a good meal. Centering our body and spirit can give us the strength to be the best of what God made us to be.

Activity: Kids Yoga Class, Have a Yoga instructor come and do kid friendly yoga with the kids.

Materials:

10 yoga mats

Be Trustworthy

(*Esther*)

This station will be located inside. Camping decorations and props may be used or take inspiration from the story of Esther and decorate the room like a room from Esther's palace. Below is an example picture for inspiration.



Xerxes (*also known as Ahasuerus*) is the ruler of Persia. His queen's name was Vashti, and they lived in the capital city of Susa. The king gave a feast that lasted six months. He invited many important men of the kingdom to the feast. King Xerxes asked Vashti to come in so all the other men could see how beautiful she was. Vashti refused to obey the king. We are not told what her reason was but we do know that her refusal angered the King so much that he removed her as queen.

The king's servants suggested that a new queen be found. He could choose from all of the beautiful young women of the kingdom. Girls were gathered together and taken care of in the palace for one year. One of the girls who went to the palace was a young Jewish girl named Esther. Her cousin, Mordecai, who was very old, raised her after her parents had died.

The king chose Esther as the new queen. Mordecai told Esther not to tell anyone that she was Jewish.

The Jewish people were not accepted in the king's kingdom and were often looked at as outsiders.

As time passed, Mordecai happened to overhear a plot to kill the king. He told Esther who, in turn, told the king. The would-be assassins were hanged and Mordecai was honored.

Five years passed. A man named Haman gained favor with the king and all were ordered by the king to bow to Haman when he passed. Mordecai refused to bow to him. Haman's anger was such that he began to plot to kill not only Mordecai, but also all of the Jews.

Haman convinced the king that the Jews were a menace to Persia and should be destroyed. Not knowing that his own queen was a Jew, the king passed a law that the Jews could be attacked. Mordecai heard of the plan and went straight to Esther. He asked her to use her position to save the Jews. Esther knew that she needed to approach the king but she had to do so very carefully. She had not forgotten what happened to the last queen who had displeased King Xerxes.

Esther took a big chance by approaching the King. It was not the place of the queen to approach the king without being summoned.

The king did not reject Esther when she approached him. In fact he told her he would give her anything she wanted. Esther could not ask him directly to change his own law. So she set forth a plan to let the king discover it for himself. The king granted her request to throw Haman a banquet the next day.

Haman was thrilled to be invited to a banquet with the king. Even though Mordecai still refused to bow to him. Before coming to the banquet, Haman ordered a gallows built on which to hang Mordecai.

The night before the banquet, the king could not sleep. He asked that his record books be read to him in hopes that listening to them would put him to sleep. As the king listened to the old account of Mordecai uncovering the plot to kill him. It occurred to him that he should honor Mordecai.

Haman was summoned to the king and ordered to honor Mordecai. Haman was now in a lot of trouble. He had built gallows to hang a man who was now being honored by the king!

At the feast, Esther revealed that she was a Jew and that Haman had tricked the king into decreeing the Jews killed and was planning to hang Mordecai. The king was enraged and ordered Haman hung on the gallows instead.

The king regretted making the law to kill all the Jews however he couldn't change it! His solution was to issue a decree that allowed the Jews to protect themselves. In this way, the Jews protected themselves and were saved.

Lesson Goal: Esther trusted to Mordecai to keep her safe in a time where she could have been killed just for being a Jew. She trusted God to keep her safe when she realized the only way to save her people was to tell the truth about who she was and the truth about Haman's lies and treachery.

Back in Esther's time women didn't have a voice unless it was given to them by a man. Women were property of their fathers, or in Esther's case, Mordecai, and then their husbands. Mordecai loved and respected Esther. He raised her to use her voice, be wise and do good. He raised her to be trustworthy, and brave. She could have been killed for even speaking to the king without permission. She took the risk because her people trusted her to help them in the face of a law that would have destroyed them. She also trusted God to be by her side and give her a clear strong voice. Her actions saved her people and gave them a voice to fight back against persecution and injustice.

God trusted Esther to rise up and save her people and Esther trusted God to help her see it through. We can trust God and God can trust us too! There are so many amazing promises God has made to us in the Bible and we can trust God to keep those promises. God asks us to be

trustworthy as well by honoring those promises and standing up for each other. We are all God's children and we all can trust him to stand with us every day.

Activity: Trusting In God's Promises

Materials Needed:

1. Cardstock
2. Plastic drinking cups.
3. Pencil/Marker
4. Scissors

How to Play:

Cut the cardstock into four squares. Write on each square a challenge and promise from the list below. Stack the cups up four or five high placing the cardstock squares in between each cup.

Have the kids carefully remove each card from between the cups. If the child thinks the cup is going to fall they can ask a friend to help them with "their trouble". When the card has been removed successfully, have the older children read their "trouble" out loud. With younger children you can read it for them. Ask the child do you ever feel _____? What can we do when we feel this way? Ask the group to then repeat the promise that is on the card.

If a child refuses the help and the cup falls, have them try again reminding them they can get help from a friend. Explain that when we try to do things on our own it can be done but that it's harder to do sometimes. Having trusted friends and having Jesus to help us in those hard times is a blessing and makes life a lot easier.

God's Promises, to be written on the cards.

When You're Tired: "I will give you rest." -Matt. 11:28

When You Think it's Impossible: With man this is impossible, but not with God; all things are possible with God." -Mark 10:27

When You're Ready to Give up: The one who stands firm to the end will be saved." -Matthew 24:13

When You Need a Reminder: "I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world." -John 16:33

When Your Faith is Low: "Therefore I tell you, whatever you ask for in prayer, believe that you have received it, and it will be yours." -Mark 11:24

When you Lose Hope and Stray Away: Remain in me, as I also remain in you..." -John 15:4

When You Need a Calling or Purpose: "You are the light of the world. A town built on a hill cannot be hidden." -Matthew 5:14

When You Lose Focus on Your Priority: “But seek first his kingdom and his righteousness, and all these things will be given to you as well.” -Matthew 6:33

When You Don’t Feel Your Worth: Are not two sparrows sold for a penny? Yet not one of them will fall to the ground outside your Father’s care. “But the very hairs of your head are all numbered. “So do not fear; you are more valuable than many sparrows. -Matthew 29-31

When You Think it’s Impossible: “Everything is possible for one who believes.” -Matthew 9:23

Be a Good Listener

(Samuel)

This station will be inside a classroom. Decorations can be camping props or you can set the room up to look something like the temple Samuel grew up in. You could use a camp cot for his bed topped with a wool blanket. A small table with a lamp or candle could be beside the bed. Use your imagination or search online for ideas. You could also sit on the cot while telling the story. Below is a picture that sparked some ideas!

The Story of Samuel

(Say to the kids,) Every time I say, Samuel said' you respond with 'Here I am.'

Samuel was the son of Hannah. Hannah prayed to God to give her a son and promised God if he gave her a son she would give him back to God by making sure Samuel was raised in the church. Once Samuel was old enough Hannah kept her promise by taking Samuel to the church to be raised there by a priest named Eli. Though Samuel was young he learned that he must always listen to God as God gave him an important message.



One night Samuel was sleeping when he heard someone call his name. Samuel ran into Eli's room and said: "Here I am!"

"I didn't call you," Eli answered, "go back to bed." So Samuel went back to bed.

Do you know who was calling Eli's name? Yes! It was God!

Again God called, "Samuel!" Samuel jumped out of bed and went to Eli. And Samuel said: "Here I am!"

"I didn't call you, go back to bed," Eli answered a second time.

A third time God called Samuel and Samuel got up and went to Eli. And Samuel said: "Here I am!"

Finally, Eli realized that it was God who was calling Samuel. He told Samuel, "Go and lie down, and if he calls you again, say, 'Speak LORD, for your servant is listening.'"

Samuel went back to bed and sure enough, again he heard the voice of God calling, "Samuel! Samuel!" This time Samuel answered as Eli had told him, "Speak, for your servant is listening."

God spoke to Samuel and told him many things that would happen soon.

Samuel grew up to be an important priest and prophet of God. God spoke to Samuel many times in Samuel's life and Samuel was able to help and serve many people.

Lesson Goal:

Samuel learned to be a good listener when God spoke to him. He was always there to listen and take instruction. When we talk to God we forget that we are supposed to listen. What if we had a friend who talked all the time but never listened to what we had to say? Sometimes our relationship with God is a lot like this. We forget to listen.

Activities and Games:

Whole Body Listening

In whole body listening, have the kids practice keeping different parts of their bodies still as they listen. For example, their eyes are watching, ears are listening, brain is focused on who is speaking, mouth is closed, shoulders are squared toward the speaker, heart is caring about the message, hands are folded, feet are still.

(Start by saying,) To be good friends with each other we must practice listening with our whole bodies.

1. Say, please have a seat, all eyes on me. Open them up so we can see! (*put your index finger and thumb up to your eyes like you are opening them up*)
2. Let's turn on our ears. (*make a motion as if you are turning your ears like a key*) Get them ready to go! We don't want the volume to be too low!
3. To be a good listener we must energize our brains! (*message your head with both hands*) Get those neurons fired up so you can hear me explain!
4. Close your mouth so we don't catch flies! A mouth that is open tends to reply! (*Use your index finger and thumb to close your mouth*)
5. Turn your body; shoulders toward me. (*Square your shoulders toward the group.*) You will hear better I can guarantee!
6. We want to be caring so listen with your heart. (*Put your hand over your heart.*) When it comes to listening, this will set you apart!
7. Your hands should be folded your feet ever so still. (*Fold your hands and make your feet still*) Let's show the speaker that we have some skill!

End this part by saying, Now that I have your attention it's important to mention that being a good listener requires some intention. (*pause for eye roles*)

With all we have learned it's easy to detect that this works great on humans but I object! When listening to God some changes are required. Let's move along to what we desire.

1. *(Adjust yourself in your seat.)* We're already sitting, which is very fitting. When listening to God it shows we're committing.
2. *(Use your index finger and thumb to check the volume on your ears)* The volume turned up. There's nothing to fear! We've already turned on our listening ears!
3. I think my brain is still working. *(Rub your head with both hands)* I see you all smirking. I'm sure that your neurons are happily overworking!
4. Your mouths are all open! Ow no, the flies! None of that matters. God cares only we try! Humans are made to question. It's all part of the plan, from the very beginning back when it began!
5. Square up your shoulders or slump down low. Just breathe and relax! Go with the flow! *(Slump down and relax. Take a breath and pause so the kids can do the same.)*
6. *(Lower your voice, your tone a little more important.)* God loves us completely. We are his work of art. He cares for your feelings, what's deep in your heart! So listen real close. Hear the sound of your drum. Your heartbeat is counted every single one. *(Place your hands over your heart.)*
7. Your hands can be folded or maybe not but always remember God's forget-me-nots. I see you have questions. Maybe you don't understand. God speaks to you now through this book in my hand. *Hold up the bible and have the den leader hand out bibles to the rest by quietly moving around the room. Wait until every child has a bible before you continue)*
8. Every word is to teach you, and straighten your path. You need only listen to know where you're at. *(Gesturing to the book in your hand.)* This book will guide you and help you every day. It's pages designed to make sure we're ok.
9. *(Point around the room to the bibles the kids are holding, lowering your voice to an audible whisper like you're telling a secret.)* Now you have one too and I hope you'll agree, a friendship with God is our guarantee, to life everlasting without sickness or cold, where everyone is happy and no one grows old. Read it often and keep it's words in your heart for the truth about Jesus is what sets us apart. He gave you his Spirit, a gift to his friends, of love and of peace making you a part of his plan. No greater gift that has ever been granted, like a seed that now grows being properly planted. Go and share what you've learned, give back what was granted, for the love of Jesus Christ is meant to be replanted.

(End by saying) Thank you all for being such good listeners. The bibles are yours to keep. Your den leaders will come around with a pen to help you put your name in your book. *(Instruct the den leaders to write the child's name, from St. James. They can also sign their name as well as*

you signing your name so they can look back and remember who at St. James gave them their bible.)

Order Bibles from this link:

<https://biblesinbulk.com/esv-holy-bible-for-kids-softcover-economy-edition-case-of-24-9781433554711.html>

If You Have More Time: Come Here Samuel Game

Have the children sit in a circle. One child will lay down in the middle of the circle and pretend to be asleep. Pick a child in the circle to say, 'Come Here, Samuel.' Samuel will then wake up and guess correctly then the two children will switch places and the game continues. If the child guesses incorrectly then you will say, 'Go back to sleep' and someone else will say 'Come Here Samuel.' Continue until they pick the correct child.

Be Selfless

(David and Jonathan)

Today we will learn about one of the greatest friendships in Biblical history; the story of David and Jonathan. You remember David? Don't you? He's the one who killed the giant with a slingshot and a rock when he was just a young man. Crazy story, isn't it? David is also the boy that the prophet Samuel anointed to be the next king. There was just one problem. There was already a king.

The king's name was Saul. Saul's eldest son was Jonathan and it was his birthright to become the next king.

Saul saw David go out against the Philistine and sent his commander Abner to go and get him. When David returned from battle he still had the head of a Philistine in his hand when Abner took him before Saul. Saul asked him, "Whose son are you? David answered, "I am the son of your servant Jesse the Bethlehemite."

As soon as David finished speaking to Saul, the soul of Jonathan was knit to the soul of David, and Jonathan loved him as his own soul. Jonathan then took off his own robe and gave it to David along with his armor, sword, bow and belt!

David fought bravely for many years alongside Saul but when Saul heard people sing in the streets, "Saul has struck down his thousands, and David his ten thousands." He became jealous. That night Saul tried to kill David with his spear. Luckily he missed! After that Saul sent David to fight even more battles thinking he just might die on the battlefield. When David came home safely Saul was sure David would steal his throne.

Jonathan warns David that Saul is out to kill him and tells him to give him a chance to make things right between him and the king. He tells David once Saul sees him missing at the dinner table he will miss him and have a change of heart. David is to wait in the secret place until Jonathan gives him a signal that it is safe to come out.

When Jonathan questions Saul about David, Saul becomes angry and calls Jonathan mean names. He tells him that as long as David lives Jonathan will never be king and that he knows he is loyal to David. Saul becomes even more furious and throws a spear at him. Jonathan runs from the dining hall in fear and makes his way back to David.

Shooting three arrows into the field near the secret place David was hiding, he instructs his servant boy to go and get them. When the boy runs for the arrows Jonathan shoots another arrow behind him and then tells the boy that he needs to get the arrow behind him as well. This is the signal that Jonathan had told David to wait for. Jonathan then told the boy to take his bow and arrows back to town.

When the boy was out of sight Jonathan ran to David. Their hearts were broken. The two of them held each other and cried for a long time because they knew what had to happen. David would have to run for his life and Jonathan would have to stay behind and stand by his father. They may

never see each other again. They promise each other they would always be friends and Jonathan promises David that one day David would be king and that he would be standing beside him. Jonathan believed that David was God's chosen king and would do everything in his power to make sure that after the king's death David would be king.

David ran for a long time while Saul and his soldiers chased after him.. Twice David had a chance to kill Saul and he chose not to harm him. He loved Saul and believed that God had made Saul king, just as one day after Saul's death, God would make David king. He also loved his family. He was married to his daughter and he loved Jonathan too. He would never hurt his family. So both times David let Saul live and then pleaded with him to stop trying to kill him! He also was trying to show Saul that he would never hurt him. One time he got so close to Saul that he cut a piece of Saul's robe off and showed it to him. "See, David said, I could have killed you but I could never harm you. You are God's anointed." Saul finally stops going after David but the Philistine army was still trying to take the kingdom so David went back to fighting.

Saul and Jonathan also were fighting the war against the Philistines and sometime later David got word that Saul and his son Jonathan had been killed in battle. David's heart broke forever and he wrote a song about Saul and Jonathan. He wrote how brave they were and how much they had meant to him. One part of the song goes like this, "Saul and Jonathan, beloved and lovely! In life and in death they were not divided; they were swifter than eagles; they were stronger than lions." Jonathan lies slain on your high places. I am distressed for you, my brother Jonathan; very pleasant have you been to me; your love to me was extraordinary."

Jonathan was selfless when it came to the love he had for his friend David. He believed in David and put his faith in him. It was Jonathan's birthright to become the next king and he could have taken the throne for himself but instead he acted out of love and sacrifice to protect the throne until David was ready to fulfill his calling by God to be the next king. Jonathan did just that. He died protecting his family and David's future as king.

David did become king just as the Prophet Samuel said he would. David was selfless, faithful and a true friend. He honored King Saul and his family by finding Jonathan's son, Mephibosheth. The boy had been injured when he and his nurse were forced to flee after the death of King Saul and Jonathan. The nurse ran with the boy and in her haste dropped him, resulting in Mephibosheth never being able to walk again. David found where they were hiding and brought the boy home, restoring his birthright and raising him as his own son.

Wasn't that a beautiful but sad story? Do you know someone that is selfless like David and Jonathan? That's right! It's Jesus! We know that Jesus died on the cross so that we could be free of sin and death. He gave his life for our, just like Jonathan gave his life for David and do you know something else? David is Jesus' 27th great grandpa!

How can we be selfless in our friendships with people and with God. I'm not a soldier, a prince, a future king, or a God! How can I show this kind of devotion to my friends and family? How can I put others first in my life?

Here are three ways we can be selfless.

- 1. Acts of service:** Do something kind for someone you know or someone you don't know. Bake cookies, help them with yard work, take out their trash, help them clean-up their house, make them a card that says you care or just ask them what you could do to help them.
- 2. Acts of gratitude:** When someone does something nice for you, say thank you. Be grateful and thankful for them. Show them how grateful you are that they are your friend. For example if your friend makes you cookies, say thank you and then compliment them. Tell them how delicious their cookies are! Tell other people how thankful you are that your friend is so good at making cookies!
- 3. Acts of support:** We all need someone to stand with us when we try to reach our goals. Acts of support are the things we do to help our friends reach their dreams. For example, if your friend is learning to play the piano and you come over to their house to play and they say, "I can't play right now. I have to practice the piano." Then you say, "That's amazing! I'm going to go. You go practice. I can't wait to hear you play! Let me know when your recital is so I can come and support you. You don't get mad at your friend for not coming outside and playing. We want to support the goals and dreams of our friends. We want to be there for them when they finally reach their goals!"

Do you know the best way to be selfless with God? We are selfless with God when we are selfless with his children. You know who his children are don't you? It's you and me! All people are the creation of God and Jesus said, 'I tell you the truth, when you refused to help the least of these my brothers and sisters, you were refusing to help me.' Matt. 25:45. Jesus is saying that what we do to one another we do to him! Our selflessness to others is being selfless to God.

Activity: Helping Hands

Materials Needed:

1. 8X11in card stock or watercolor paper, One sheet per child
2. Watercolor paints
3. Paint brushes
4. Pencil
5. Scissors
6. Dixie Cups
7. Paper plates
8. Water
9. 4X6ft. Bulletin Board or whatever size will fit your main VBS area.
10. 6-8 Presentation boards
11. 1 roll of blue paper
12. Large red paper heart or a few small hearts
13. Black Poster Marker

14. Office stapler and staples
15. Velcro command strips that will hold up to 10 pounds.

What to do:

1. Before VBS starts, put together your presentation boards and tape the seams with duct tape until you have a bulletin board in the size desired.
2. Cover the board with the blue paper. Wrap the blue paper one inch over the board securing it to the back of the board with the stapler. You will need several strips of paper so make sure your seams overlap.
3. Add the heart/hearts to the center of the bulletin board.
4. Write these words, on, around, or beside the heart. One mind, One heart, One spirit.
5. Place your Velcro command strips to the four corners of your board and succure to the wall.
6. Lay out the rest of supplies for the project in your classroom. It will make it easier for the kids to pass them out.
7. Each child will receive one paper plate with a dab of each of the watercolor paints. A paint brush, a small Dixie cup of water, pencil, cardstock or water color paper, and one pair of scissors.

Directions:

1. Use the pencil to trace your hand and part of the upper arm to the paper.
2. Write the child's name and the name of someone close to them on the front of the paper along with the words, service, gratitude, support. Make sure they are within the outline of the handprint. Ask the child to name, one act of service, one act of gratitude, and one act of support that they could do for the person's name they have chosen to go with theirs. For example, doing the dishes, writing a thank you card, and showing interest. (*Have a list ready so you can help them pick the answers. It helps if you say something like, "What can you do to help your _____ out? How can you thank _____ for what they've done for you? How can you support _____ in reaching their goals and dreams? Fill in the blanks with, mom, dad, brother, sister, friend etc. If you are having trouble figuring it out you can always Google for suggestions.*)
3. Mix the paint and water together and paint your handprint.
4. Allow them to dry
5. Likely the kids will not be able to cut them out themselves. They won't dry in time so please ask your den leaders to help cut out the ones that are dry as they dry throughout the day.
6. At the end of the day at Sunset Point pass them out to the dens when prompted by the director. Place a stapler at each table. The kids will take turns stapling their handprint to the board around the outside edge. Small kids will need help.

Be Humble

(The Humility of Jesus)

This station is inside. Pick a large classroom with plenty of floor space for up to 10 kids and 2-3 adult or young adult leaders. Decorations can include our outdoor camping theme. Just remember you will be doing a lot of moving around so keep decorations to a minimum for the floor space unless you have a large room. If room permits you can set up the room in six sections, one for each humility trait listed below. Keep in mind the space you will need for each activity.

***Note:** *This station is a long one. Reading the commentary ahead of time and then putting it into your own words can help you connect better with the kids. It always helps if you can look at them when speaking instead of just reading a script. With only thirty minutes this station is time sensitive. Keep them moving and engaged! There is a lot to talk about here and we want them to get the most out of it. If it looks like you are running out of time you can cut the games short or omit one when it's getting closer to the end. It is important to touch on all the humility traits so practice ahead of time and adjust your timing.*

Christ's Example

Commentary: *(Have the kids sit down in front of you on the floor. Start by saying,) We've been talking about a very important person today. Do you know who that is? (Call on someone to answer. Give this hint if necessary.) He was part human and part God. Do you know who I mean? That's right, Jesus! Now, Jesus is our best friend and the best person who ever lived on this earth. We can look at Jesus anytime we need to know how to act. One of the things that made Jesus so special is that he was humble. Do you know what humble means? Being humble means putting other people first. Nobody on earth has ever been as humble as Jesus. The bible says, "Don't be selfish in dealing with others but be humble and put other people first!"*

The best example of humility is that of Jesus Christ. The Apostle Paul writes of Christ that we should “Do nothing from selfish ambition or conceit, but in humility count others more significant than yourselves. Let each of you look not only to his own interests, but also to the interests of others” (Phil 2:3-4).

Jesus never looked to his own interest but stayed focused on what needed to be done to save the human race from sin. The Apostle Paul writes, “Have this mind among yourselves, which is yours in Christ Jesus, who, though he was in the form of God, did not count equality with God a thing to be grasped, but emptied himself, by taking the form of a servant, being born in the likeness of men” (Phil 2:5-7).

Jesus loves us so much that he gave up being a God to be human. He was born just like you and me to a human mother so that he could grow up and help people. He knew what would happen to

him. He knew some people would not believe him and not want to be his friend. He even knew there would be people who wanted to kill him and they did kill him but not before he helped so many people while still on this earth. He also told his disciples what to say when he was gone. Then he didn't stop helping us when he went back to heaven. He sent his Spirit to live in each and every one of us so that we can be humble and help each other! The Holy Spirit helps us to be humble and reminds us that we are all God's children and we should be there for each other.

Philippians 2:8, NIV: "And being found in appearance as a man, he humbled himself by becoming obedient to death-- even death on a cross!" Jesus gave up the glory He had in heaven. He gave up His place on the throne where God rules the universe. He gave up His power to defend Himself but willingly gave His life as a ransom for many (Mark 10:45). He loved us so much that He died for us. What greater humility is there?

Humility is the admitting that we don't have all the answers. It also means we admit when we are wrong. Jesus had to trust God while here on earth. He often prayed to his father to help him figure things out. How can we be humble like Jesus? Well, it takes practice, and admitting when we need help.

Let's all hold hands and get in a big circle and be seated.

Practicing Humility Games and Activities

Commentary:

Be a good listener. Spending time listening is the best way to practice humility. Listening gives us an opportunity to learn from one another and from God. It is also how we can better help our friends! I have some friends that have lost some very important things. They call me because I have a magic bag that helps me find things that people have lost. Let's see if we can help these guys find their lost things.

What to do: Prepare a magic bag by finding an old cloth bag. Try and find one that looks smaller than it is. The older the bag the better the trick. Pre-record on your phone some volunteers pretending to be the characters listed below. On the recording have them describe the lost items without giving away what it is they have lost. Ask the children to listen closely to figure out what the character is missing. When they have guessed correctly, search around your bag. Stick your arm in past your elbow and without the children seeing, bend your elbow making it look like you are reaching farther into the bag than you are. Play around a bit. You can even go as far as sticking your head inside the bag. Then, pull the item from your magic bag and say, We found it! Thank you for helping! Then have a few responses ready that fit the character's phone

message. Play it up and have fun. You can also give them small hints. Some of the children will not know the stories.

A stick (Three Little Pigs.)

Phone Message:

Hello, (Name) Wilber here, remember, I'm one of the three little pigs...the middle one. I've lost something very important. It was my first one and I need to find it! It's long and has that stuff on it...owe..I can't remember what it's called. It's like the sound a dog makes. Please (Name) it's important to me!

A book (Bell, Beauty and The Beast)

Phone Message:

(Name) it's Bell. Girl, I have done it this time. You know I'm always setting things down and forgetting where I put them! This one is blue with a bumpy spine. I was almost finished! I may never know what happened! Can you come to the castle? I'll be waiting. Thank you, see you soon!

A "magic" apple (Snow White)

Phone Message:

Hello, hello is anyone there..Snow White calling. Ow, it's your voicemail. Silly me. (Name) Bashful has lost something and he's too shy to ask you to use your magic bag and find it. We could be in danger if you don't help us. I told him to take it far away. Well, he did alright, and now he can't recall how far or in what direction he took it. It's not safe for that thing to be out there after what happened that last time! Help us (Name) you could be our only hope!

A "magic" bean (Jack and The Beanstalk)

Phone Message:

Jack here. I had one job. Do you know what that job was? There's no way the giant is going to forgive me for not showing up today! Ugh! You guessed it. I spilled it...everywhere. Please call me back!

Pebbles (Hansel and Gretel)

Phone Message:

Hi, it's Gretel. Hansel is having a complete meltdown! We decided to go for a walk in the woods. You know, like we do and we're lost. He's refusing to ask for directions. All we need is another candy and witch incident! If we had only brought something to help us mark the path! Come find us or send help!

Pocket Watch (The White Rabbit)

Phone Message:

I'm late! I'm late for a very important date! No time to say hello, goodbye, I'm late! I'm late! I'm late! Oh dear I think I've lost it! I really, really do! I dare not know the time, is it 8 or half past 2! Will you help me, dear lady for tea cannot wait. Alice is waiting patiently for me to show her fate! You'll find me down the rabbit hole that leads to the Cheshire cat. Remember not to linger long or you will meet his wrath. Hurry! Hurry! Hurry, as you often do! Your tea is getting colder now. Would you like one lump or two!

Be mindful. Practicing mindfulness is hard. It means you have to stay focused on what's happening right now. (*Have the children stand up. Ask them to stand on one foot as long as they can and then say,*) It means being focused on what is rather than what you want it to be. (*Have them try again. Then say,*) Here we have to accept that we can be wrong or that we could make a mistake and in this case fall. Being mindful teaches us how to change so that we can be more helpful or productive. (*Have them team up and ask one of them to stand on one foot. Ask their partner to help them focus. Then have them assist their partner only when they are about to fall. See how long they can stay standing with one foot. Then say,*) when we are mindful of the needs and feelings of the people around us we can be a help to them. When we think we know best we can sometimes be in the way. Focus on what is happening and be mindful in how you respond. What was helpful? What wasn't? (*Ask and discuss.*)

(*Ask the kids to have a seat.*) Be grateful. Take the time everyday to thank the people in your life that do things for you that go unnoticed. It's easy to overlook the people closest to us that do the little things that make our lives easier. You can practice humility by recognizing those little things and being grateful for it and for the people that make it happen. Doing this will also give you the example you need to be more like them. (*Ask the kids to name one person they are grateful for. Then ask, what is one thing this person does for you that you usually don't notice? What is something to show that person you are grateful to them.*)

Ask for help. It's so easy to think that we can do things ourselves. That we don't need another person or even a team of other people to accomplish what we set out to do. That we alone can solve any problem. Humility allows us to say, we need help, that a problem may be bigger than what we are capable of solving. We have been told that we can do anything but nobody tells us that the greater the goal the more we will need help along the way. Even Jesus needed help. That's why he had disciples. Spreading the truth about God's love was no easy task and even

though Jesus was the one who died for our sins, he would have never been able to spread the word of God to the world without his disciples. His friends are the ones responsible for spreading the truth about God and who he is to the world. It is ok even for a God to ask for help. That's what God does every day. He asks you to be his hands and feet and take care of the people who need it. (*Ask the kids to stand up and form a circle. Place a large hula hoop on one of the child's arms and close the circle. Ask them to pass the hula hoop around the circle without letting go of each other's hands. This will require them to communicate and ask for help from the people next to them. Have them pass it around one time.*)

(*Ask the kids to sit down in the circle they have already made. Then say,*) Another way we can practice humility is to seek feedback. Take time to ask the people whom you live, work, or play with to tell you what they think of the problem, situation, or even the work you are doing and how you are doing it. Make it clear to them that you welcome their opinions and use their ideas to improve. Listen openly and be grateful. Use their ideas and advice to improve what you are working on.

(*Then say,*) The last thing to remember is to be aware of prideful language. Arrogance, smugness, snobbery or even feeling that we are better than another person is all too often our way of feeling important. Being aware of how you speak and act is one of the best ways to humble yourself. Ask yourself,

- Is it helpful?
- Is it hurtful?
- Is it true?

If the answer is no to any of these questions. Don't say it. Instead ask yourself why you felt you needed to say what you were thinking and make a note to yourself to think differently in the future.

(*Wrap up the station by telling the kids how much you enjoyed your time with them. Thank them and remind them to practice humility the rest of the day by remembering to thank the leaders for taking their time to make VBS fun and teaching them how to be a good friend to Jesus!*)

Be Forgiving

(Joseph Forgives His Brothers)

This station is inside in a small classroom setting and can be done all on the floor or in a tent. Decorations can include items from the Joseph story and/or our VBS outdoor camping theme can be used. Be creative and use props! This is a serious big kid topic that adults have trouble with so make sure to be prepared for any hard questions that might arise as well as any emotions that might need to be addressed.

There once was a couple named Jacob and Rachel who had a favorite son named Joseph. The couple had other sons but Joseph was their favorite. Jacob loved his youngest son so much that he gave him a coat. This wasn't just any old coat, it was a coat made of many colors. Coats like that were very expensive.

Joseph's brothers saw the coat and saw how much their parents loved Joseph and they became jealous. They planned to kill Joseph but one of his brothers, who didn't want to see him killed, convinced the others to sell him into slavery instead. The slave traders took Joseph to Egypt.. There Joseph eventually gains the favor of the pharaoh. Joseph had a gift. He could interpret dreams. The pharaoh had some very bad dreams and no one could help him figure out what they meant. One of the pharaoh's servants knew about Joseph and remembered him. He told the pharaoh and he had Joseph brought to him. Joseph told him what his dreams meant and through doing so helped him save his kingdom from a famine. Joseph became the second most important person in the kingdom. He was put in charge of grain supplies enabling Egypt to withstand the famine. Joseph's brothers journey from Canaan to Egypt to obtain food brought them face to face with their brother Joseph who they had sold into slavery but they did not recognize him.

Then Joseph could no longer control himself. Joseph said to his brothers, "I am Joseph. Is my father still alive?" But his brothers could not answer him, because they were in shock at seeing him.

Then Joseph said to his brothers, "Come closer to me." And they came closer. He said, "I am your brother, Joseph, whom you sold into Egypt. And now do not be angry with yourselves, because you sold me here; for God sent me before you to preserve life. So it was not you who sent me here, but God; he has made me a father to Pharaoh, and lord of all his house and ruler over all the land of Egypt. Hurry and go up to my father and say to him, 'Thus says your son Joseph, God has made me lord of all Egypt; come down to me, do not delay. I will provide for you there. You must tell my father how greatly I am honored in Egypt, and all that you have seen. Hurry and bring my father down here.'" Then he fell upon his brother Benjamin's neck. He kissed all his brothers and cried and talked with them.

When the report was heard in Pharaoh's house, "Joseph's brothers have come," Pharaoh and his servants were pleased. Pharaoh said to Joseph, "Say to your brothers, load your animals and go back to the land of Canaan. Take your father and your households and come to me, so that I may give you the best of the land of Egypt.

Joseph gave them wagons according to the instruction of Pharaoh, and he gave them provisions for the journey and many gifts for his father and the rest of his family.

They went out of Egypt into Cannon, and told their father, “Joseph is still alive! He is even ruler over all the land of Egypt.” He was stunned; he could not believe them. But when they told him all the words of Joseph that he had said to them, and when he saw the wagons that Joseph had sent his spirit rejoiced and he said, “Enough! My son Joseph is still alive. I must go and see him before I die.”

Talk About It:

(Say,) Forgiveness is hard, especially when someone has hurt us. When we hurt one another we disrespect the boundaries of our friends. (Ask the following questions, taking turns answering and sharing. Here you may have to answer some hard questions. Be prepared by practicing with some friends or family members. This will give you an idea on different perspectives on forgiveness. It's not always taught as a life skill to children.)

1. What would it have been like for Joseph when his brothers betrayed his trust and sold him?
2. What do you think it was like for his brothers when they had to return home without him and tell their mother and father he was dead?
3. Do you think Joseph wanted to make his brother's pay for what they had done?
4. Do you think his brothers felt guilty and even missed him?
5. What can we do when a mistake is made and someone hurts us?
6. Likewise what can we do when we hurt someone else?

(Say,) Practicing forgiveness will allow space in our friendships to make mistakes. It tells one another that we are not perfect and that mistakes between us will happen. Now, how do we deal with them? We are going to play a little game.

Activity: Forgiveness Box

What to do: *(Have a box wrapped and ready to show the kids and say,) This is a forgiveness box. I made it myself. Inside is something that I needed to forgive my friend for. You see, he/she did something that hurt my feelings and I needed to forgive him/her. It was hard because I was very angry but then I remembered what Joseph did and I also remembered what Jesus has done for me and I knew I needed to forgive. But, I had feelings I didn't know what to do with. I was angry, disappointed, and fearful. I was angry because of what he/she did. I was disappointed because I never thought they would do something like that and I was fearful that our friendship would be over. So, I wrote it all down and I put it in this little box and I gave it to God. I prayed. I said, God please take all my anger, fear and disappointment toward my friend away from my heart so I can forgive and someday trust him/her again. Then I went to my friend and I told him/her about all the things I had put in the box. My friend was sorry and asked for my forgiveness. I was able to give it to him/her because God had already taken away in this little box what was keeping me from forgiveness. It took a long time for me to trust my friend again but we were able to save our friendship. We are going to make our own forgiveness box today to remind ourselves that we need to forgive. It's important to forgive others and forgive ourselves*

when mistakes are made because we know that they are going to happen. I am not perfect and my friend isn't perfect either. We have to learn to forgive so we can grow and be better friends to each other in the future. Jesus' sacrifice allows us to make mistakes, ask for forgiveness and learn from them.

Materials Needed:

1. Small gift boxes
2. Wrapping paper
3. Tape
4. Ribbons or bows
5. Small strips of paper that will fit inside the boxes.
6. Pencils or pens

What to do:

1. Provide each child with the materials above.
2. Instruct them to write on the strips of paper a time when they couldn't forgive. What made them angry, sad, or fearful?
3. Put the paper in the box. As the child wraps up the box, have them pray to God to take the things inside away so that their hearts can forgive.
4. Write each child's name on their box.
5. If time permits, have them wrap another box for themselves keeping in mind something they are having trouble forgiving themselves for.

**Note: Be prepared for emotions and even some tears here. That's ok. Be supportive and listen. Pray with them and help them let it go.*

Waterborne

*Definition of waterborne:
supported, carried, or transmitted by water*

This station will be outside and we are going to get very, very wet! The kids have been asked to bring a towel and water shoes to VBS today so make sure they have them set aside. If they forgot a towel they can get one at the Rangers Station.

Before they get to the water games, have the kids sit on the grass in a big circle. We want to let them know about baptism and confirmation in a way that provides information for future inquiry. In other words, we want them to know about it so they can bring it up to their parents or spiritual leaders in their own time without taking too much of their game time.

What is Baptism

(Say,) Water is very important in a spiritual relationship with God. Can anyone tell me why? Baptism. Baptism is an important step in making a promise to God. In the Episcopal Church babies are baptized for two reasons. One, the parents and the members of the church are making a commitment to that child to raise them to know Jesus and Two, baptism invites the Holy Spirit to be with the child through their life to help guide them. If someone doesn't get baptised as a child that is just fine because it's just an outward promise to an inward promise. Baptism just gives people a platform to stand up and say this child or I myself belong to Jesus and Jesus belongs to me. It is a public promise. People can be baptized at any age. What really matters is that we make a promise to God to follow him, be like him and work toward his purpose of love.

Another way we can make a commitment to God is through confirmation. Confirmation is when you are old enough to make the commitment to God yourself. You've already been baptized and at this point you want to confirm for yourself that you are a Christian, meaning a follower of Christ. At confirmation you will renew your baptismal covenant or promise, and take communion as your personal way of saying you will follow God for the rest of your life.

Whatever steps you take, there isn't a wrong way to follow Jesus. Making a commitment to God doesn't have to be public but when we get baptized or confirmed in front of our family, church family and friends they can then help us when we struggle. They can pray with us and help us out when life gets hard. We together as a church and a family of believers stick together and love one another as Christ loves us. It's important and meaningful. It's a special and beautiful gesture of faith. If you have any questions or would like to talk to someone about baptism you can talk to your Sunday school teacher, deacon, pastor/priest, and/or your parents. We are here at St. James to help you or if you have a home church you ask there too.

I know you all are ready to get to the games but we need to go over a few rules so we can be safe. Over there (pointing to the water balloon launcher and cones marking the area for launch) is a water balloon launcher. It's important that we make sure there isn't anyone in the field in front of the launcher before we let go of the balloon.

Over there (Point to slip and slides) is the slip and slides. It is important to wait your turn! Make sure the person who has gone before you is off the slide before you take off so we don't run into one another and get hurt.

And over there (Point to the pools) are pools with water guns, sponges, beach balls and frisbees. These are for you to play with but we want to make sure when we play that we respect the boundaries of our friends, so no head shots, and make sure not to throw the toys hard enough to hurt someone. For example, if you are playing water Frisbee with your friend please make sure not to be too close to them when you throw the Frisbee. If your friend says she/he doesn't want to be squirted or hit with any of the toys please respect the boundary. There will be a five minute time out for those who do not respect the boundaries agreed upon by friends.

READY SET GO!!

Waterborne Supply List

1. Water balloon launch. We are building ours from this tutorial online. Link below.
2. Water balloons. At least 2500 for a group of fifty. That gives each child 50 balloons to launch. Not every child will use fifty and some will use more.
3. 6-10 kiddy pools
4. 2-3 dozen water guns. These can be all different sizes.
5. 2-3 dozen sponges
6. 2-3 dozen water Frisbees.
7. Any other water toys that you can find.
8. Water hoses and water hookups
9. 4-5 large tarps or thick rolls of plastic
10. Bottles of baby oil.(optional)

<https://frugalfun4boys.com/how-to-build-water-balloon-launcher/>



Earthling Undertaking

(Taking Care of God's Creation)

This station will start in a canopy outside by the walking trail. Decorations can include seeds, plants, bugs, small animals, and examples of biodegradable products. You can also supply recycling bins (paper and plastic) for the kids to use throughout the day and for use if they find any trash on the trail. In this station we will be exploring and discovering different ways we can take care of God's creation by taking a nature hike through the walking trail behind the church. During this hike we will need to touch on the following.

1. *Trash, recycling, and biodegradable waste*
2. *The Sun, Rain, and Air and their role in sustaining life.*
3. *Plants and Trees and their importance in sustaining life.*
4. *Animals and Birds and their role in sustaining life.*
5. *What we learn from nature and our role in the environment.*

(Start by saying,) We are going to take a walk today but before we do, let's talk about what we are looking for.

The very first job God gave to humankind was to take care of his creation. In the garden God brought Adam the animals one by one to see what he would call them. He asked Adam and Eve to take care of them and to take care of the garden. We care about the earth not only because it's our home but because God made it and everything in it to be our home. When we respect our earth we respect God's creation. This makes us good friends to God. We wouldn't go into our friends' homes and leave trash everywhere, would we? We wouldn't use up all their things and not help them replace them, would we? It's easy to forget that we live in someone else's creation. That we have a responsibility to leave this planet better than it was for future people and for the honor of God. How can we do this?

Let's talk about trash. Do any of you know where trash goes when we put it in a trash can? The things we don't recycle, meaning we make them into something else to be used again, end up in a landfill. A landfill, also known as the dump, is a place we put trash and then cover it with dirt. In the landfill things like this (*Show some examples of waste that isn't biodegradable and say,*) don't break down. It stays the same as it is now for thousands of years! Some of this trash gets into our ponds, lakes, rivers, and oceans and can be a problem for our drinking water and for the animals. Some animals try to eat some of this trash and it makes them very sick. That's why it's important to recycle as much of this kind of stuff as possible.

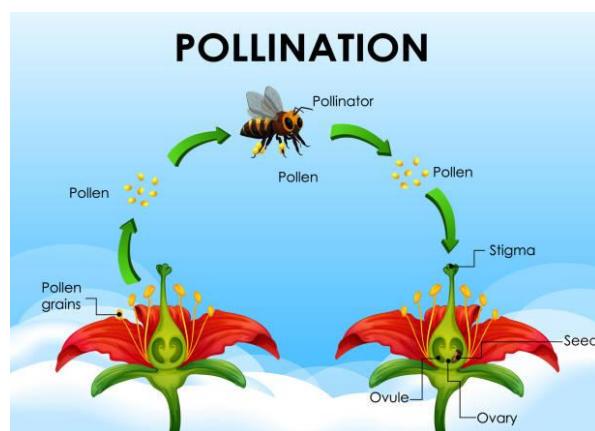
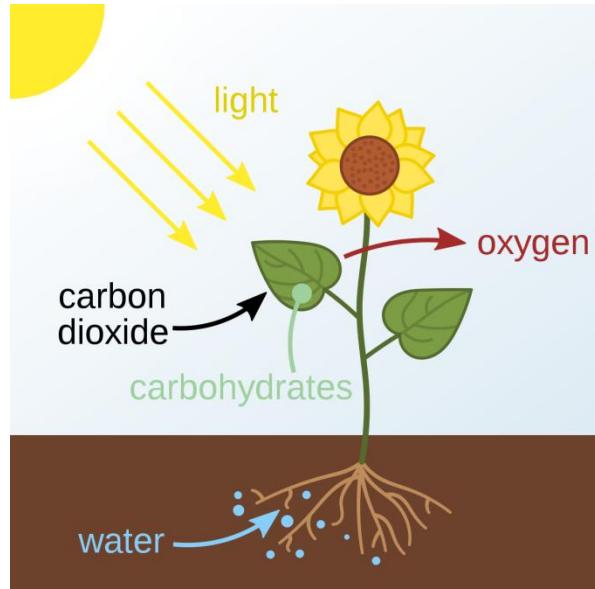
*(Next show them examples of renewable and biodegradable resources.) Paper products and even things like bio-plastic are great alternatives to Styrofoam and traditional plastics. Show examples. You can show them how easy it is to make bio-plastic with just a few simple ingredients. Make some ahead of time and show them how bio-plastic breaks down in water vs. what regular plastic does. (*Recipe and instructions below*)*

*(Give each child a small paper bag for any trash they might see on the way and some play doh or air dry clay (*instructions down below*) so they can use it to make molds of things like leaves,*

bark, rocks, sticks, ect. Start the nature walk and say,) While we are walking around look for any trash that has been left behind and pick it up. Put it in your trash bag for proper disposal later in our recycling bins. Please use your dough to make molds of things you find interesting so that we can look at them all together when we return.

Look up! Do you see the sun? How about any rain clouds? Do you feel any wind? These are all important parts of God's creation. They create a process that makes the plants and trees grow. Do you know what that is called? Photosynthesis! It works like this. (*Stop the group and show them the image below. You can print and laminate these ahead of time to have them ready for the lesson. Show the picture and describe the process.*) What an amazing way for each part of God's creation to work together for the benefit of all! Even the oxygen we breathe comes from plants and the carbon dioxide they breathe comes from us! Take a deep breath and thank the plants and trees for the air! Now breathe out! Now imagine the plants and trees saying, Thank you for the air! God's plan for us to work with our planet is incredible!

(Continue your walk stopping just before the end of the trail and say,) Listen. Do you hear any animals? Birds? Insects? Deer? These animals play an important role in how God's creation works together. For example, the bees pollinate the flowers. (Show the pollination process using the picture shown here or any other you can find online. Print and laminate these ahead of time to have them ready for the lesson.)



The birds and other animals help spread seeds by eating the seeds. Then once those seeds pass through the animal they are deposited onto the ground along with the animal's poop! The poop is used as fertilizer to help the seeds grow into a new plant! Wind and water also carry seeds to new locations so that they can grow! Some plants even have a process called expulsion where a plant will just explode and seed the seeds inside flying off with the wind! (Show a picture of a cattail like the one below.)



Seed dispersal

Seeds can be dispersed in various ways.

Expulsion

The smelly seed capsule of a sour fig releases 100 seeds when it splits. An alocasia violet shoots out its seeds when they are ripe. The squirting cucumber plant flies up with water and squirts its seeds out. Peas have one delicious fruit which splits open. The seeds fly out easily when the fruit splits open. Other pod families and seedless families are also delicious fruits.

Animals

Animals, especially birds, eat the fruit of trees. The seeds are carried for a long distance inside their bodies. The seeds are passed out of their bodies. Berries and leaves smother the fruit to cling to the fur of animals or to people's clothing. Apples are harvested by people for food. Their seeds are harvested to produce more food. The unicorn seed has a spine that grip onto animal's fur. They can be carried for some distance.

Wind

Some seeds have "wings" that help them float on the wind for some distance. Pine, sycamore, and poppy have wings. A dandelion has the fluffy plumes of the dandelion seed. As the wind pushes the capsule, poppy seeds fall to the ground or on the wind carries them away.

Water

The fruit of the water lily floats on the water until it reaches some mud in which it can grow. A coconut may float on the current of the river for many kilometers. The new plant could grow in another place downstream, far away from the parent plant.

(Continue the walk, encouraging trash pickup and making molds of a variety of different things. When back at the canopy, have the children separate their trash into the proper recycling bins and let them share their molds and explain what they have learned and found.)

(Conclude with,) What do you think our role is in taking care of our planet? (Let the kids express how they think they can help. Guide them in the discussion.)

Flexible, Starch-Based Bio-plastic Recipe

NOTE: You can double the quantities to make larger batches.

Ingredients and Tools Needed

Pot

Silicone spatula

Silicone mat or plastic food container lid

Stove

Water

Starch – corn starch, tapioca starch or other starch

Glycerin (vegetable glycerin or glycerol can be purchased online, or you can find it in the cake and baking section of the grocery store.)

Distilled white vinegar

Recipe

1 tablespoon of cornstarch

4 tablespoons water

1 teaspoon glycerin

1 teaspoon vinegar

Decorative pieces – flowers, food coloring, or anything you want to preserve or use to decorate

Step 1: Combine all the ingredients in a pot and mix thoroughly.

Step 2: Turn the pot on low heat and stir the liquid continuously with a spatula.

Step 3: Initially, the mixture will be cloudy, but it will eventually become clear and “gooey” and begin to bubble. Turn off the heat and prepare to pour it out.

Step 4: Pour the mixture onto a silicone mat or large plastic lid. It will probably spread out to a thickness of about $\frac{1}{4} - \frac{1}{2}$ cm. If you would like to add decorative bits (e.g. glitter, small flower petals), you can do so now.

Step 5: Leave the mixture to dry out overnight, preferably in warm, dry conditions.

Air dry clay recipe

1 1/2 cup of cornstarch

1 cup white school glue

1 tbsp white vinegar

1 tsp lotion

1 tbsp baby oil

Mix together and need until you get a soft dough. Store in an airtight container until ready to use.

Play dough Recipe

1 cup flour

$\frac{1}{2}$ cup salt
1tbsp cream of tartar
1tbsp vegetable oil
1 cup boiling water and food coloring of your choice

Mix the flour, salt, cream of tartar and vegetable oil together in a heat proof bowl. Add the boiling water and food coloring. Mix until cool enough to handle then knead until a soft dough forms. You can add more flour or water to the mix if it is too wet or dry. Store in an airtight container until ready to use.

Sunset Point

(The Shortest Way Home)

This Station is in the parish hall on the same stage as The Welcome Wagon with the same decorations except the background will turn from day to night.

(As the kids come in from their last stations say,) Welcome to Sunset Point! I trust everyone has had a great day! (pause for response) I bet you all are starving! Here in a minute the Grub Hub will be ready for us to eat! In the meantime I would like for you all to take a minute to discuss with your den the best part of your day! When you have finished, your den leader will share your answers with the rest of us by raising their hands.

(Give 5 minutes, then discuss the highlights of the day)

Wow! It sounds like you all had a fantastic time! I hope today you have learned how to be a good friend and how we can be good friends with God too!

Today we learned to,

Be Yourselves with Zacchaeus and God will love us for who we are and be our friend!

We learned how important it is to be loyal with Ruth and Naomi and how staying faithful to our friends and family is an important part of being a good friend.

We learned about respect with Jesus in the temple and how we can be respectful to our friends by honoring the boundaries they have set in their lives.

Queen Esther taught us that being trustworthy and telling the truth even when we know it could get us into trouble is another way to have a strong friendship.

Samuel was just a boy and he listened to God! Being a good listener lets our friends know we care.

David and Jonathan had a selfless friendship, each of them would have done anything to protect each other. Being selfless is putting our friends' needs before our own.

Jesus wrote the book on humility! We learned today that being humble is not thinking of ourselves as greater than our friends but knowing that they are as important to God as we are. We are all children of God.

Joseph taught us that forgiveness is the key to growing and learning. When we or our friends make mistakes and we can forgive and give grace, then we can grow and be better people.

In Waterborne today we talked about baptism and confirmation as a way of making a covenant or promise to God to be his friend and look to the Holy Spirit for the answers in our daily lives. It says we believe and gives us a chance to become a part of a community of other believers. We also got very very wet! Wasn't that fun!

In an earthly undertaking we learned how important it is to honor God's creation by taking care of our environment through recycling and using renewable and biodegradable materials.

It was a big day!

Let's take this time to thank our den leaders for all they have done for us today at VBS! St. James would like to thank them by giving them these gifts. (*Hand out den leader gifts*)

We also would like to thank all of our station leaders and station volunteers for teaching us about how to be a good friend to one another and to God! (*Hand out station leaders gifts*)

A very special thank you to the registration station volunteers and the grub hub volunteers for keeping us safe and feeding us today! (*Hand out registration station and grub hub volunteers gifts.*)

Also a big thank you to the decorating committee for all of the props and decorations we have been enjoying all day! (*Hand Out decorating committee gifts*)

Thank you Fr. Jos for letting us have our VBS at St. James today! (*Give Jos a gift*)

It's almost time to say goodbye but before we do let's welcome our parents to the table and have one last meal together! Welcome parents!

Meditation Music May Be Played, Spotify VBS Playlist, have the children take a few deep breaths and relax to the music before starting the prayer.

Prayer done by the Priest or Director

Grace at Meals, BCP 835

For These and all his mercies, God's holy Name be blessed and praised; through Jesus Christ our Lord. Amen.

Grace at Meals, BCP 835

Blessed are you, O Lord God, King of the Universe, for you give us food to sustain our lives and make our hearts glad; through Jesus Christ our Lord. Amen.

After Dinner: The parents are invited to eat dinner with us at Sunset Point. After dinner the kids can leave with their parents after signing out with the child's den leader. Children will not be allowed to be picked up by anyone but the parents unless indicated on the registration form.

The Den Leader Guide

(What to do, when you don't know what to do.)

There will be three meetings before VBS that are mandatory. Dates and times will be announced. You will be learning songs and techniques in handling children in a group setting. This will be the time to ask questions.

Welcome to The Nature of Friendship VBS! You are a valuable member of the team! Here at the Nature of Friendship our goal is to teach kids how to unearth a friendship with God by building the character of a good friend. You are a big part of that mission!

As a den leader you will be responsible for a group of 5-10 kids of mixed ages. Your primary goal is to guide them from station to station following the daily schedule that corresponds to your den number.

You will be assigned a den number and schedule at the Ranger Station during the time of registration. Please arrive at VBS by 8 am Saturday morning for a debriefing by the director. You will then be directed to the Ranger Station where you will receive your den assignment, supplies and schedule for the day. You should receive the following items.

1. Name tag and lanyard with your den #.
2. Laminated schedule attached to your lanyard.
3. T-shirt
4. Laundry Bag
5. Clipboard Roster and Pen

From the Ranger Station you will go into the parish hall and find the table with the corresponding number of your den and sit down. Someone from registration will bring your kiddos to you, introduce them and let you know if they have any allergies. Please print on your roster the name of the child, their age, and any known allergies that child may have. If the child has an allergy make sure to inform the kitchen staff. They will have their own list but it's important to be thorough with reminders. Remember to respect their privacy.

***Note:** It's also important that when interacting with the station leaders that you are polite and respectful. You are there to help them and your kids get through the day smoothly.

When the Welcome Wagon starts there will be activities, music and games you will have learned in rehearsal. At the end we stay for breakfast.

The kids will be released by table to go up to the serving window. You are going to help the littles ones carry their drinks and plates back to the table and settle in before getting your plate. The next table will not be released until you have gotten your plate so take your time and keep it positive! When your kiddos are done eating there will be a trash can close to your table. Instruct the kids to clear off their table. The director will then announce that it's time for the Den Leaders to pass out den assignments.

Attention Den Leaders! Here is where you will give each person in your den missions for the day. Below is a list. This will keep the kids focused on what needs to be done rather than giving them free time to come up with their own entertainment. This will make for a calmer and happier den and ensure a smooth transition from one station to another.

1. The Gatekeeper. (*The one who holds the door.*)
2. The Line Leader. (*The gatekeeper and line leader can be the same person if you have a small den.*)
3. The Shopkeeper (*Person who will pass out supplies in each station. Make sure your station leaders know who your Shopkeeper is so they can do their job.*)
4. The Groundskeepers (*At least two people who make sure each station is cleaned up and ready for the next den.*)
5. The Protectors (*Can be one or two people. They are responsible for making sure everyone is in line and makes it from one station to another without leaving any supplies behind. Don't forget your backpacks. They are the last in line.*)

***Note:** *If you have a large den you can assign two people to each task or you can assign five before lunch and five after lunch. This is up to you but make sure each child gets a turn doing at least one job. Also, the kids will be receiving and making things to take home at the end of the day. Have them stick them in their backpacks and the den and drop them off at their table in the parish hall before continuing to the next station. Please, don't let your kiddos put their wet towels inside their backpacks. They can carry it on their shoulders or around their waist. After waterborne they can drape it over the back of their chairs in the parish hall.*

As den leaders you are responsible for each of these jobs and how they function. Don't forget to praise them for a job well done! You could say, "That was amazing, you are doing a great job at _____! I'm so proud of you!"

Reminding the children that these are their responsibilities and they are important. Be kind, be fair and be firm. Never shame or embarrass them if they forget to do their job. You could say, "Well, we forgot but we will remember next time." You're doing your best and that's awesome!"

Backpacks, the kids will have backpacks to carry anything they need for the day. These are the responsibility of each child but they will need help remembering to take them with them from station to station. This job is given to your Protectors but they will need reminding to remind the rest.

It is now time to begin your schedule for the day. The Daily Schedule for all is on pg. 10 of this guide for your review. You should however have your Den Schedule on your lanyard.

If your kiddos have a towel or water shoes they can leave them at their table and pick them up before going to Waterborne. If they do not have a towel, have the group stop by the Ranger Station and pick one up. Use the laundry bag provided to you to collect their dirty towels at the end or when they are done with them. Some of the kids will want to wrap up in them for the next station and that's ok. Have them hang onto them until you switch and they can drop them in the laundry bag. Drinking water stations will be provided throughout the campus so make sure your

kids use them and they stay hydrated. Some of the kids will have brought water bottles and some will not so make sure to stop at the water stations between stations! Likewise make sure to ask if anyone needs to use the restroom before going into the next station.

Conduct of a Den Leader

1. **Focus on the kiddos!** Your kiddos are your responsibility. Make sure you are watching them at all times.
2. **Make friends!** The most successful den leaders are ones who make friends with their kids. Be fair but firm. Never be bossy or pushy. Use kindness and patients. Bring joy to their day!
3. **Mind Your Time!** Nothing can spoil a good time better than being late. Make sure you and the station leaders are staying on schedule. When in a station the leader will be so busy teaching the lesson they will lose track of time. Set up a signal that works for you and the station leader when a reminder is needed.
4. **Have Fun!** Now is the time to be a kid. Dance, act silly, and be delightful to be around. Don't stress the small stuff. If things don't go as planned, no problem. The most important thing is that the kids have a good time! They will take their cue from you so be prepared
5. **Watch your language.** Make sure what you say can be repeated to a parent because it will be. Kids pick up on everything and they will repeat it.

***Note: Den Leaders!** Read this guide and be familiar with each station so you know how to help the station leaders!

Master Supply List

Note: Please check with the director and station leader before purchasing or donating any idea so we don't double up. Unless stated otherwise the count for supplies is for 50 kids. If supply is going to be used for adults the count goes up to 60-70.

Decoration Suggestions For All Stations

(Unless using a Bible Story Theme)

1. Tents and Canopies
2. Lawn Chairs
3. Small boats and boat paddles
4. Life jackets
5. Lanterns
6. Buckets and Ice Chests
7. Decorative, plants, trees, and/or shrubs
8. Rolls of Brown, Black, White, Blue, Green, Yellow, Orange, and Red Paper
9. Staple Guns and Staples
10. Hammer and Penny nails
11. Spray Paint: Brown, Black, White, Blue, Green, Yellow, Orange, and Red.
12. Sticks, fire wood, logs
13. Cardboard Tubing
14. Large Pool Noodles
15. Sign-post and signs

Registration at the Ranger Station Supply List

1. Registration and Medical Release Forms
2. Known Allergy List on a Clipboard, label Ranger Station
3. Name Badges
4. Lanyards
5. Laminated schedules by den to add to the lanyards
6. VBS Backpacks
7. VBS T-Shirts
8. First Aid Kit
9. 2 Dozen Extra Towels
10. Accordion Folder Labeled in Alphabetical Order
11. 3 Long Tables and 6-8 Chairs
12. Decorations from the list above.

The Grub Hub

Breakfast

1. 12 dozen bagels in a variety of flavors
2. 3-4 types of fruit toppings
3. 2-3 gallons of milk
4. 1-2 pints of soy milk
5. 2-3 gallons of juice, apple and/or orange
6. Water

Lunch

1. 5, 16oz packages of sliced turkey
2. 3, 16 oz packages of sliced bologna
3. Sliced Cheese one 24 count each of american, pepperjack, and colby
4. 6 loaves of white bread and 3 wheat
5. 4 onions
6. 2, 16 oz jars of slice pickles
7. 6-8 tomatoes
8. 3-4 heads of iceberg lettuce
9. 1-2 jars of mayo, 1-2 jars of mustard, 1-2 bottles of ketchup
10. Canned soda, 1-2 cases of each, lemon-lime, grape, and punch

11. Dinner

1. Skinless chicken breast 3-5lbs
2. Fettuccine, 8-10 16oz boxes
3. Alfredo Sauce 8-10 16oz jars
4. Parmesan Cheese 3-4 16oz jars
5. 9-10 Loaves of French Bread
6. Mayo, Mustard, and Ketchup 1-2 jars each
7. 6-8 Family Size Bags of Mix Greens
8. Salad Dressing, Ranch, Italian, Caesar, 1-2 bottles of each
9. Salad Toppings, (nut free)

Snack

1. 6-10 boxes of graham crackers
2. Hershey Chocolate 6-10 packages of 6
3. 10-15 packages of large marshmallows
4. Roasting sticks 6 packages of four

Supplies (Enough for 60 people)

1. Plates
2. Cups
3. Cutlery
4. Napkins
5. Trash Cans
6. Trash Bags

Be Yourself (*The Story of Zacchaeus*)

Materials:

1. 20 gauge wire or stronger pre-shaped into hearts.
**Note: The wire must be strong enough to hold its shape while the children wrap the string around it.*
2. String or yarn in a variety of colors
3. Safety scissors

Be Loyal (*Ruth and Naomi*)

Materials:

1. Strips of cloth or rope. (If using rope make sure that it is nylon or some other soft material. We don't want the kids to get a rope burn!)
2. Caution cones, or an alternative start and finish line.
3. Whistle

Be Respectful (*Jesus at The Temple*)

Materials:

- 8 Hula Hoops

Be Caring (*Dorcas*)

Materials:

- 10 yoga mats

Be Trustworthy (*Esther*)

Materials:

1. Cardstock
2. Plastic drinking cups.
3. Pencil/Marker
4. Scissors

Be a Good Listener (*Samuel*)

Materials:

1. Decorations and Props listed in the station description.

Be Selfless (David and Jonathan)

Materials Needed:

1. 8X11in card stock or watercolor paper, One sheet per child
2. Watercolor paints
3. Paint brushes
4. Pencil
5. Scissors
6. Dixie Cups
7. Paper plates
8. Water
9. 4X6ft. Bulletin Board or whatever size will fit your main VBS area.
10. 6-8 Presentation boards
11. 1 roll of blue paper
12. Large red paper heart or a few small hearts
13. Black Poster Marker
14. Office stapler and staples
15. Velcro command strips that will hold up to 10 pounds.

Be Humble (The Humility of Jesus)

Materials:

1. Cell Phone
2. A Large Cloth Bag
3. A Book
4. A Magic Apple
5. A Magic Bean
6. 1 bag of small pebbles
7. 1 pocket watch

Be Forgiving (Joseph Forgives His Brothers)

Materials Needed:

1. Small gift boxes
2. Wrapping paper
3. Tape
4. Ribbons or bows
5. Small strips of paper that will fit inside the boxes.
6. Pencils or pens

Waterborne

(Baptism, Confirmation and Water Games)

Materials:

1. Water balloon launch. We are building ours from this tutorial online. Link below.

2. Water balloons. At least 2500 for a group of fifty. That gives each child 50 balloons to launch. Not every child will use fifty and some will use more.
3. 6-10 kiddy pools
4. 2-3 dozen water guns. These can be all different sizes.
5. 2-3 dozen sponges
6. 2-3 dozen water Frisbees.
7. Any other water toys that you can find.
8. Water hoses and water hookups
9. 4-5 large tarps or thick rolls of plastic
10. Bottles of baby oil.(optional)

An Earthling Undertaking (*Taking Care of God's Creation*)

1. Laminated posters
2. Supplies for Bio-plastic

Pot
 Silicone spatula
 Silicone mat or plastic food container lid
 Stove
 Water
 Starch – corn starch, tapioca starch or other starch
 Glycerin (vegetable glycerin or glycerol can be purchased online, or you can find it in the cake and baking section of the grocery store.)
 Distilled white vinegar
3. Air dry clay recipe

1 1/2 cup of cornstarch
 1 cup white school glue
 1 tbsp white vinegar
 1 tsp lotion
 1 tbsp baby oil
4. Play dough Recipe

1 cup flour
 1/2 cup salt
 1tbsp cream of tartar
 1tbsp vegetable oil
 1 cup boiling water and food coloring of your choice

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