

Faith Formation Resources - Week of 3/23

Things to read:

1. D365 - a daily devotional for teens - usable by other ages! <https://d365.org/>
2. The UCC National Setting's Daily Devotional:
https://www.ucc.org/daily_devotional_sign_up

Things to watch:

1. The Hogwarts Chaplain - currently doing a Lenten video series, one "sermuncle" per book! https://www.facebook.com/The-Hogwarts-Chaplain-945618665487169/?_tn_=%2Cd%2CP-R&eid=ARAnjsr7vzfdnAxKLdBrS1seZX9nueKyJrFgB3g2SGPd-g4VT5BID7i7fIKlvkeJ_-lfkpojZ9e617Q
2. Bone up on Bible stories with The VeggieTales Archives!
<https://www.youtube.com/user/BigIdealnc/featured>

Things to do:

1. Free resources (coloring pages, children's bulletins, etc.) from Illustrated Children's Ministry:
<https://www.illustratedministry.com/flattenthecurve?fbclid=IwAR12blr3f46HkV92RCaOgS18cLEeCNlhwk1LLTh-D-zitXZJg7phRQS4RfE>
2. Want to learn a skill, and possibly help out local agencies? Sew some emergency face masks for yourselves or others! Video tutorial here: <https://www.deaconess.com/How-to-make-a-Face-Mask?fbclid=IwAR1K3lfGTWHu3CF931RzDyM8kpzlkVD9knI5TKWvIHsnc8f48UuuKBtkCk&wvideo=yjfsI9hmfa>

Thanks to listen to:

1. The We Wonder Podcast has a Daily Examen meant to help kids relax and pray before bed: <https://podcasts.apple.com/us/podcast/we-wonder-lent/id1484584757?fbclid=IwAR1R99RCvGMbny5TP88t7F-GE0bsym6r2BIB7yUksMsk1nVSfTIJPCanJhw>
2. But Why? Is a science podcast for kids with an episode about COVID-19 if they are interested: https://podcasts.apple.com/us/podcast/but-why-a-podcast-for-curious-kids/id1103320303?i=1000468353110&ck_subscriber_id=731225304

Want a *daily* list of activities to download? Try <https://www.dofaithathome.org/>

(Wait! There's more stuff on the next page)

A Prayer Practice to try: Labyrinths!

What is a Labyrinth?

A labyrinth is not a maze. In a labyrinth there is a clear path in and out. The labyrinth is meant to assist people in meditation and prayer. In the Middle Ages the labyrinths were used as a way for people to participate in a pilgrimage without the expense or time required in actually going to another place. Labyrinths were created on the floors of cathedrals to help draw people into meditation.

The labyrinth is a pre-Christian symbol, like adorning an evergreen tree with lights at Christmas or the symbol of the cross. Like these and other symbols, Christians have adopted and embraced the symbol of the labyrinth.

How is a Labyrinth Used?

A labyrinth helps direct one's focus toward God. Unlike a maze, which has dead ends and the possibility of getting lost, a labyrinth has a clear path, but it sometimes takes unexpected twists and turns. In this way it resembles the journey of life.

Prayer with a labyrinth has three phases. You move into the center, rest there for a while, and then move out.

Here are some ways to use a labyrinth:

1. Ask God a question upon entering and then listen for an answer in the center. Give thanks and think about your response to the answer as you move out.
2. Pray for yourself on the way in, stop to experience God's love in the center, and pray for others on the way out (or vice versa).
3. Recite the Lord's Prayer or a piece of Scripture as you move in, rest, and move out. Notice how different words become important as you travel.
4. As you move toward the center of the labyrinth, focus on letting go of distractions or worries that keep you from God. In the center, spend time reflecting on your relationship with God. Be aware of God's presence. Then, as you leave, spend time giving thanks and praising God for all that he has done.

Downloadable patterns for finger labyrinths:

<https://www.relax4life.com/download-paper-finger-labyrinths/>

Take a virtual tour of a labyrinth!

<https://labyrinthociety.org/virtual-labyrinth-walk>