

Sunday November 1st	
Sunday School Lesson	Exodus
Video of Lesson done by	Miss Kimber
Activity	Check out the sand in your craft kit! You can feel it with your hands and have your peg people "walk" through it just like the people did in our lesson!
Music/Song	I'm Trusting You <a href="https://www.youtube.com/watch?v=0VDpHibftHs">https://www.youtube.com/watch?v=0VDpHibftHs</a> I Will Not Be Afraid <a href="https://www.youtube.com/watch?v=-gdBRlIf_sw">https://www.youtube.com/watch?v=-gdBRlIf_sw</a>
Recipe	<p>Red Sea Smoothies</p> <p>2 cups fresh or frozen strawberries 1 frozen banana peeled 1 cup Milk, or plain yogurt, or nut milk 1 Tablespoon honey</p> <p><b>Instructions</b></p> <ol style="list-style-type: none"> <li>1. Add all ingredients to a blender and blend until combined. If the smoothie is too thick, add more milk.</li> <li>2. If it is too thin, add more fruit or ice, to your preference.</li> </ol> <p>Makes two servings.</p>