

**Christ Moravian Church**  
**Pastoral Letter for the weekend of May 31<sup>st</sup>, 2020**

Moravian Watchword for the week of May 31, 2020

“Now there are a variety of gifts, but the same Spirit; and there are varieties of services, but the same Lord.” 1 Corinthians 12:4-5

Wow, talk about the perfect scripture reflection for this time, this season, this experience. I’ve been so grateful and so amazed at the exercise of so many gifts and service contributions to bring life to the church’s ministry. Some are phoning friends and those who may be struggling, some are sending a note, an uplifting card, or a funny joke to another, some are singing on the worship videos, or sending me those cute and touching videos that are included, some are praying with deep devotion and faith, some are baking and cooking for a neighbor, some are keeping the children and youth connected with a project, and some are exercising their gifts and faith in another, personal way. A variety of gifts, but the same Spirit and same Lord, the same God are always served. May God continue to nurture and bless those many gifts that are expressed in the life of Christ Moravian Church.

As we realize, this would have been the week of the “World Famous CMC Garage Sale”. I look out over the lush grass where the tent would typically be, and there is a real poignant feeling within, a sense of loss at the wonderful joy, fellowship, weirdness, hard work and fun that will be latent for a year. Let’s look forward to next season’s Garage Sale with even more excitement. We are going to include a Garage Sale moment in the worship video for June 7, so stay tuned for that!

We’ve heard from many of you, adults, youth and kids that you quite enjoy looking at the worship videos to see particular changes and even “whoops” that are found on the video. We are going to include a “Worship Service Treasure Hunt” for you to try to find the various items obviously or secretly found in the video at the church. It’s sort of a “Where’s Waldo Bingo Game”. I’d love for the kids to let me know if they find everything on the list.

Included in this email will be the normal attachments: Youth and Children’s Activities, Sunday Morning Bible Study reading and zoom link, zoom link for the Wednesday afternoon fellowship gathering, and the Financial “E-Transfer” information. That additional “Treasure Hunt” attachment will be added, and please note an important letter from the Executive Board Chair, Dr. Alan Bartlett, announcing the status of public worship gatherings at this time. Steve Blackwell will send the worship link out. (If you are reading this on the website, and would like to receive links for Zoom gatherings, please refer to emails or call the church office.)

You can watch your mail for a mail-out to everyone sharing the new 2020 CMC Phone Directory. If you receive this email and do not receive a directory in the next week or so, please let us know and we will certainly mail one to you. We thank, Administrative Assistant, Andrea Stremich for getting these prepared in such a topsy turvy time.

Lotsa God’s love to all,  
Pastor Steve Gohdes



# Christ Moravian Church

## FROM THE EXECUTIVE BOARD - CHRIST MORAVIAN CHURCH

Greetings, in Christ, to the Members of Christ Moravian Church, and the friends who have viewed the weekly virtual Sermons.

Our world continues to be in the grip of the Covid-19 Pandemic, but in our immediate world the pandemic appears to be slowing, as a result of which some of the drastic restrictions have, and will be, relaxed.

In Alberta Phase One has commenced, and in this phase some restrictions on Church gatherings were relaxed, but with certain conditions attached. After consideration of the changes pertaining to Churches, and the conditions imposed, it was the opinion of the Executive Board to continue with the virtual Services, as at present.

This decision was also that of the Board of Elders of the Canadian District.

Although Phase One, as introduced by the Provincial Government and Alberta Health Services, through the office of the Provincial Chief Medical Officer of Health, has allowed for some relaxation, the maintenance of physical distancing, limitation of the number of members who may attend at any given time, the amount of time and effort to be extended in maintaining personal and physical hygiene, the banning of singing, by the members, choirs or choristers, makes it almost impossible to open the Church at this time.

Hopefully, implementation of Phase Two may allow for review of this situation. Return to fully open Church gatherings may not be possible until Phase Three.

In the meantime, the work of the Church continues, albeit under different circumstances. The Executive Board continues to meet monthly via Zoom, and much work is conducted by e-mail. The conference of Elders also continue their work similarly.

Pastor Steve, together with Andrea, our Church Administrative Assistant, continue with their busy schedules. In this regard, the new Telephone directory for Christ Moravian Church will be published and mailed (delivered) to the members.





As Pastor Steve has mentioned in his Parish letter, the ramp on the east side entrance has been built, and only requires installation of metal railings to complete this project, which will allow wheelchair access to the side entrance. A great deal of thanks is due to Don Niefer, who over saw this project, and in a large part made this project possible.

The Canadian District Synod, which was due to be held this month has been postponed until May 2021.

At the last Executive Board meeting, on 20<sup>th</sup> May, the Church Treasurer presented his financial report. This showed that, due to the wonderful financial support of our members and friends, we are in a reasonable financial state, and close to budget, at this time.

Unlike some Churches and Institutions, as of now, we have not had to lay off Staff, or reduce salaries. However we will have to continue close monitoring of our financial state, as this Pandemic continues.

We have come this far, despite the pandemic, and I believe we, as the Church, are stronger individually, as well as collectively, are more aware of our families, friends, and neighbours, and have more compassion and understanding of the world immediately around us. This time has been a time of initial fear and trepidation, now replaced by a time of opportunity, of reflection, and looking toward new life experiences.

Remember, God walks with us at all times. It is up to us to remember to walk with Him.

Alan Bartlett  
Chair, Executive Board, Christ Moravian Church



## CHAPTER FORTY-THREE

SPIRIT OF LOVE: LOVING  
NEIGHBOR

Acts 10:1–48

1 Corinthians 13:1–13

WHERE THE SPIRIT IS moving, love for God always, always, always overflows in love for neighbor. And according to Jesus, our neighbor isn't just the person who is like us, the person who likes us, or the person we like. Our neighbor is anyone and everyone—like us or different from us, friend or stranger—even enemy. As Peter learned in his encounter with Cornelius, the Spirit wants to break down walls of prejudice and hostility so that we stop judging *us* as clean and *them* as unclean, opening the way for strangers and enemies to become neighbors, friends, family.

That comes as a shock to many of us who were taught that *same is safe* and *different is dangerous*. That belief probably served our ancestors well at certain points in our history. Their survival often depended on maintaining trust in “our” tribe and fear of other tribes. That’s why they used paint, feathers, clothing, language, and even religion as markers, so everyone would know who was same and safe and *us*, and who was different and dangerous and *them*.

Driven by that belief, our ancestors spread out across the world, each tribe staking out its own territory, each guarding its borders from an invasion by others, each trying to expand its territory whenever possible, each driving others farther and farther away. No wonder our history is written in blood: wars, conquests, invasions, occupations, revolutions, and counter-

revolutions. The winners take all, and the losers, if they aren’t killed or enslaved, escape to begin again somewhere else.

Eventually, because the Earth is a sphere, our dispersing tribes had to come full circle and encounter one another again. That is our challenge today. We must find a way to live together on a crowded planet. We have to graduate from thinking in terms of “our kind versus their kind” to thinking in terms of “humankind.” We must turn from the ways of our ancestors and stop trying to kill off, subjugate, or fend off everyone we judge different and dangerous. We must find a new approach, make a new road, pioneer a new way of living as neighbors in one human community, as brothers and sisters in one family of creation.

That’s why the apostle Paul repeatedly describes how in Christ we see humanity as one body and our differences as gifts, not threats, to one another. In Christ, Paul came to realize that people aren’t different because they’re trying to be difficult or evil—they’re different because the Spirit has given them differing gifts. Just as a foot needs an eye to tell it where to step, and just as a nose needs a hand to grasp the food it smells, and just as feet, eyes, noses, and hands all need kidneys and bones and skin . . . we humans need other humans who are different from ourselves. The Spirit of God, we learn, is a team spirit, and in the holy team Spirit, we experience a unity that is energized by diversity.

That doesn’t mean all our tribes need to wear the same paint and feathers, speak the same language, cook with the same spices, and celebrate the same religious holidays. But it means all our human tribes—nations, religions, cultures, parties—need to convert from what we might call dirty energy to clean energy to fuel our tribal life. True, the dirty energy of fear, prejudice, supremacy, inferiority, resentment, isolation, and hostility is cheap, abundant, and familiar. That’s why our societies run on it, even though it’s destroying us. More than ever before in our history, we need a new kind of personal and social fuel. Not fear, but love. Not prejudice, but openness. Not supremacy, but service. Not inferiority, but equality. Not resentment, but reconciliation. Not isolation, but connection. Not the spirit of hostility, but the holy Spirit of hospitality.

So the “most excellent way,” Paul said, is the way of love. Old markers of



gender, religion, culture, and class must recede: "There is neither Jew nor Gentile, slave nor free, male nor female, for you are all one in Christ Jesus." Old tribal indicators, he says, count for nothing: "the only thing that counts is faith working through love." Where the Spirit is, love is. Where the Spirit teaches, people learn love. Faith communities at their best are Spirit-schools of love, engaging everyone, from little children to great-grandparents, in lifelong learning. In the school of the Spirit, everyone majors in love. Of course, if love remains a generality, it's just a word. That's why the New Testament is serious about translating love into practical, specific, concrete, down-to-Earth action. Because each of us has something to give and much to receive, the term *one another* keeps popping up on page after page of the New Testament. These "one-anothers" tell us what the prime directive—*love one another*—looks like in action:

1. "Love one another as I have loved you." (John 13:34; John 15:12, 17; Rom. 13:8; 1 Thess. 4:9; Heb. 13:1; 1 Pet. 1:22, 1 Pet. 3:8, 1 Pet. 4:8; 1 John 3:11, 23; 1 John 4:7, 11; 2 John 1:5)
2. "Wash one another's feet...serve one another in love." (John 13:14, Gal. 5:13)
3. "Be at peace with each other." (Mark 9:50, 1 Thess. 5:13, 1 Pet. 3:8)
4. "Be devoted to one another with mutual affection." (Rom. 12:10)
5. "Honor one another above yourselves." (Rom. 12:10)
6. "Live in harmony with one another." (Rom. 12:16)
7. "Stop passing judgment on one another." (Rom. 14:13)
8. "Accept one another as Christ accepted you." (Rom. 15:7)
9. "Greet one another with a holy kiss." (Rom. 16:16, 1 Cor. 16:20, 2 Cor. 13:12, 1 Pet. 5:14)
10. "Agree with one another so that there may be no divisions among you and that you may be perfectly united in mind and thought." (1 Cor. 1:10)
11. "When you come together to eat, wait for each other." (1 Cor. 11:33)

12. "But God has combined the members of the body and has given greater honor to the parts that lacked it, so that there should be no division in the body, but that its parts should **have equal concern for each other.**" (1 Cor. 12:24-25)
13. "Let us not become conceited, provoking and envying each other." (Gal. 5:26)
14. "Carry each other's burdens, and in this way you will fulfill the law of Christ." (Gal. 6:2)
15. "Be completely humble and gentle; be patient, **bearing with one another in love.**" (Eph. 4:2, Col. 3:13)
16. "Be kind and compassionate to one another, **forgiving each other**, just as in Christ God forgave you." (Eph. 4:32, Col. 3:13, 1 Thess. 5:15)
17. "Submit to one another out of reverence for Christ." (Eph. 5:21)
18. "Do not lie to each other." (Col. 3:9)
19. "Let the word of Christ dwell in you richly as you **teach and admonish one another** with all wisdom, and as you sing psalms, hymns, and spiritual songs with gratitude in your hearts to God." (Eph. 5:19, Col. 3:16)
20. "Therefore **encourage one another and build each other up.**" (1 Thess. 5:11, Heb. 3:13)
21. "And let us consider how we may **spur one another on toward love and good deeds.** Let us not give up meeting together... but let us **encourage one another.**" (Heb. 10:24-25)
22. "Brothers and sisters, **do not slander one another.**" (James 4:11)
23. "Don't grumble against each other." (James 5:9)
24. "Therefore **confess your sins to each other and pray for each other** so that you may be healed." (James 5:16)
25. "Offer **hospitality to one another without grumbling.**" (1 Pet. 4:9)
26. "Clothe yourselves with **humility toward one another.**" (1 Pet. 5:5)

For all of us who want to be part of the movement of God's Spirit in our world, there is no more important and essential pursuit than love. That's



why we walk this road. That's why we seek to improve our fluency and grace in "one-anothering"—especially with people who seem very different from us. For in the story of creation, in the adventure and uprising of Jesus, and in the movement of the Spirit, to love is to live.

**ENGAGE:**

1. What one thought or idea from today's lesson especially intrigued, provoked, disturbed, challenged, encouraged, warmed, warned, helped, or surprised you?
2. Share a story about a time when someone affirmed one of your unique gifts or abilities, and when you appreciated the unique gifts or abilities of someone else.
3. How do you respond to the list of one-another's?
4. For children: What's something you're really good at, and something you're not so good at?
5. Activate: Take a few minutes with each person around your table to identify and affirm some gifts or virtues you see in them. Have someone place a hand on that person's head or shoulder and pray for the Spirit to fill and empower that person in love.
6. Meditate: In silence, simply hold the term "one another" before God. Open yourself to the depths of meaning in this beautiful term.

Prove  
Romans  
James

IF LOVE

love others

the Spirit

Of love

selfish or

Spirit real

maturity

self-giving

others must

Now do

self is, and

pleasure, if

divine killing

fro across the

fun—and

the awe of love

much about

farther back



to seek to improve our fluency and grace  
with people who seem very different from  
us, and to adventure and uprising of Jesus, and in  
the process to live.

And today's lesson especially intrigued,  
I feel encouraged, warmed, warned,

that someone affirmed one of your  
gifts when you appreciated the unique gifts

of one-another's?

And you're really good at, and

to sit with each person around your table  
and appreciate the gifts or virtues you see in them. Have  
your person's head or shoulder and pray for  
that person in love.

And hold the term "one another" before  
the depths of meaning in this beautiful

CHAPTER FORTY-FOUR

# SPIRIT OF LOVE: LOVING SELF

Proverbs 4:1-27

Romans 12:3-21

James 1:2-8; 3:13-18

IF LOVE FOR GOD is always linked with love for others, and if we are to love others *as we love ourselves*, what does it mean to love ourselves? Could the Spirit of God teach us a holy and healthy kind of self-love?

Of course, advertisers and politicians often tempt us to become more *selfish* or *self-centered*—our doing so is often in their *self-interest*. But the Spirit teaches us a profoundly different way of loving ourselves—a way of maturity that involves self-examination, self-control, self-development, and self-giving. These practices of mature self-care enable us to love God and others more fully and joyfully.

Now our struggles with self are often struggles with pleasure, for the self is, among other things, a pleasure-seeking entity. When it comes to pleasure, if you listen to some people, you might conclude that God is a divine killjoy, sitting in heaven with a sourpuss glare, eyes roaming to and fro across the Earth to find anyone who is having fun—especially sexual fun—and *stop it immediately!* If the pleasures of life were compared to the awe of looking into the Grand Canyon, these anxious people worry so much about someone falling over the edge that they erect fences farther and farther back... so far, in fact, that you can no longer enjoy the view!



Pleasure, of course, was originally the Creator's idea. By giving us taste, smell, sound, sight, and touch, God was making possible an amazing array of pleasures: from eating to sex, from music to sport, from painting to gardening, from dance to travel. Human pleasure is a good and beautiful creation, mirroring, it would seem, a great capacity for enjoyment that exists in God. We are told that God takes pleasure in creation and in us, something all parents, teachers, and artists understand in relation to their children, students, and works of art. So again and again in the Bible, we are reminded that our Creator has given us all things to enjoy richly, and that in God's presence is fullness of joy. The Creator is definitely pro-pleasure.

If that's the case, why do we find so many warnings and rules about pleasure in the Bible? Those rules make sense when you realize how easily all life's great pleasures—food, drink, sex, owning, winning, resting, playing, working—can become addictive and destructive. When we indulge in pleasures without self-examination or self-control, great pleasure can quickly lead to great pain—for the addicts themselves and for those whose lives are touched by their addiction.

So rules about pleasures have an important place. The desire center within us that demands "what I want, when I want it, as much as I want" can all too easily become an addictive dictator. We all need to learn to say "No, that's not right," or "No, this isn't the right time," or "No, that's enough for now." Without wise rules and that basic level of self-control to follow them, we'll all be stuck in childish, selfish, self-destructive, and even suicidal immaturity. But the Spirit never gives rules the final word. Living by rules—"law" in the Bible—is at most like primary school.

Primary school has its place, but if we're never allowed to graduate to secondary school, it feels like a prison. So when we're ready, the Spirit always leads us to graduate from rule-oriented primary school to secondary school with its new emphasis: wisdom. From basic questions like *Is this right or wrong, legal or illegal?* we graduate to questions of wisdom: *Will this help or hinder me in reaching my highest goals? Where will this lead short-, medium-, and long-term? What unintended consequences might it entail? Who might be hurt by this? Are there better alternatives? Is now the best time? Should I seek wise counsel before moving forward?*

Wisdom helps us see how a hasty purchase of a desired indulgence can lead to the long-term pressure of debt. Wisdom reminds us that a one-night sexual liaison can lead to lasting tragic consequences for both parties, plus their spouses, children, parents, and many others—literally, for generations to come. Wisdom knows that a single ill-advised business shortcut to increase profits can ruin a reputation earned over decades—as can one careless sentence spoken in anger or dishonesty. Wisdom remembers that habitual overindulgence in alcohol, drugs, tobacco, or even food can greatly shorten your life. And wisdom warns that even one night of drunkenness or one outburst of anger can end your life and the lives of others. Wisdom guides us to see beyond life's immediate pleasures to potential consequences that are less obvious and less pleasant.

Wisdom also helps us see how excessively denying ourselves pleasure can itself become unwise. For example, if a mom and dad are so exhausted from the work of parenting that they forget to keep their romance alive, they can drift apart even though they're sleeping under the same roof. Wisdom guides them to nurture their romance and sexuality so they'll be less vulnerable to infidelity—and so their family will stay in a sustainable, healthy, life-giving balance. The same goes for someone who loves his work and gets great pleasure from it. If he works too much, his life will fall out of balance . . . and soon he will hate his work. So, a wise person learns that he must find pleasures outside of work so that his work will remain pleasurable rather than addictive. A wise person in this way practices self-care, sometimes stepping on the brakes and sometimes stepping on the accelerator of pleasure.

We all need wisdom to know our limits and keep our balance, to know when to say yes and when to say "That's enough" or "That's unwise" or "This isn't the right time." We need wisdom to know when to ask for help—from a friend or professional—when we are in over our heads. We need wisdom to monitor the difference between legitimate desires and dangerous temptations. We even need wisdom to keep different kinds of pleasure in a healthy and sustainable balance. As a wise teacher said, "Watch over your heart with all diligence, for from it flow the springs of life" (Proverbs 4:23, NASB).



After all, nobody is more likely to ruin your life than you. By pursuing wisdom, you get out of your own way. You learn to be a friend to yourself instead of your own worst enemy. You learn self-examination, self-control, self-development, and self-care—so you can better practice true self-giving toward God and others. Rules are good, wisdom is better, and love is best of all.

Could this be a central purpose of the universe—to provide an environment in which self-control, wisdom, and love can emerge and evolve? Could this be a central purpose in our lives—to mature in self-control, wisdom, and love? And could this be a central purpose of religion and spirituality—to multiply contagious examples of maturity, to create communities where the more mature can mentor others, to build a global Spirit movement toward individual and collective maturity?

So, you have this self. What you do with it matters a lot. You can be self-absorbed, self-contained, self-centered, selfish, self-consumed—and your closed-in self will stagnate, spoil, and deteriorate over time. Or you can engage in Spirit-guided self-examination, self-control, self-development, and self-giving—and your self will open and mature into a person of great beauty and Christ-like maturity.

God, it turns out, isn't a divine killjoy. God wants you to love you the way God loves you, so you can join God in the one self-giving love that upholds you and all creation. If you trust your self to that love, you will become the best self you can be, thriving in aliveness, full of deep joy, part of the beautiful whole. That's the kind of self-care and love of self that is good, right, wise, and necessary. And that's one more reason we walk this road together: to journey ever deeper into the beautiful mystery of the Spirit's love. There we find God. There we find our neighbor. And there we find ourselves.

#### ENGAGE:

1. What one thought or idea from today's lesson especially intrigued, provoked, disturbed, challenged, encouraged, warmed, warned, helped, or surprised you?
2. Share a story about how a rule, a wise saying, and a mentor have helped you.

3. How do you respond to the idea that if we love ourselves, we will practice self-examination, self-control, self-development, self-care, and self-giving rather than self-indulgence?
4. For children: What are some things that usually make you feel sad, grouchy, happy, and superhappy?
5. Activate: This week, pair up with someone else from this circle and meet privately to talk honestly and confidentially about how you're doing in the areas of self-examination, self-control, self-development, self-care, and self-giving.
6. Meditate: Imagine those who love you most—parents, a spouse, friends, children, and God. Now imagine standing with them as they see and love you. In silence and in God's presence, hold yourself in that kind of love.



***CMC Worship Service Treasure Hunt  
May 31 service***

***Tissue Box  
Cross  
Orange  
Minnie Mouse Cup  
Flowers  
Candle  
Star  
Green Door  
Yellow Duckie  
Squirrel  
Steve's Long Hair***



## Filled with the Holy Spirit

Acts 2:1-21

## Word Search Puzzle

O M D E D N W Q T H X X G E M  
 U A Y N M H I B Q O O U K P Y  
 W J U W E V B L V H N L O E O  
 O O R I B A M O E E Z G Y N E  
 S R N N C E G W T A T N U T I  
 K P L D Y D M I R R Q J W E W  
 M A N A E G L N O T H E R C S  
 C U M L N R X G S L S Z Z O W  
 V P L J H G S A H P P N H S X  
 Y I C D Y N U M N P I Q D T U  
 F P J G X K W A F X S R U R W  
 T Z C B E X Y Z G S P S I Y B  
 Z F I R E G P E S E E T N T Q  
 D E C L A R E D G E A C M K Y  
 L S G F K V Z C V M K L N J T

FIRE	PENTECOST	WONDERS	AMAZED
HEAR	OTHER	SPEAK	WIND
SPIRIT	BLOWING	TONGUES	HOLY
DECLARE	LANGUAGE	SOUND	FILLED

Christ Moravian Church  
 Calgary, Alberta

Choose the word that best matches the definition.  
 Check your answers in Acts 2:1-21 (NIV)

- \_\_\_ 1. Make something to be full  
 A. fill B. sound C. fire D. spirit
- \_\_\_ 2. To say words, to use the voice  
 A. amazed B. speak C. sound D. language
- \_\_\_ 3. A destructive burning  
 A. flood B. sound C. wind D. fire
- \_\_\_ 4. A building which people live in  
 A. house B. temple C. spirit D. holy
- \_\_\_ 5. Blowing air, especially that which would move the leaves on a tree  
 A. wind B. fire C. fill D. speak
- \_\_\_ 6. Something that is pure and good, such as God's Word  
 A. fire B. holy C. wind D. amazed
- \_\_\_ 7. Means of communication used by the people of a particular country  
 A. language B. speak C. sound D. fill
- \_\_\_ 8. To be totally surprised  
 A. spirit B. fire C. amazed D. holy
- \_\_\_ 9. A being that cannot be seen, like a ghost  
 A. spirit B. person C. holy D. amazed
- \_\_\_ 10. Something that can be heard  
 A. spirit B. speak C. sound D. amazed

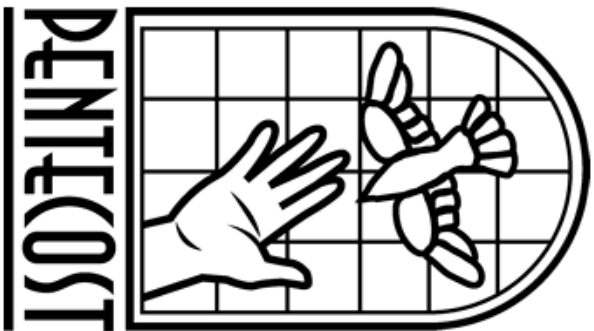
All of them were filled with the Holy Spirit and began to speak in other tongues as the Spirit enabled them.

Acts 2:4 (NIV)



# Word Jumble

Unscramble each word and then place the numbered letters in the numbered boxes at the bottom to reveal the answer.



WNID

--	--	--

3

IFER

--	--	--	--

2

SIRITP

--	--	--	--	--	--

4

SEKPA

--	--	--	--	--

5

CDORW

--	--	--	--	--	--

6 7

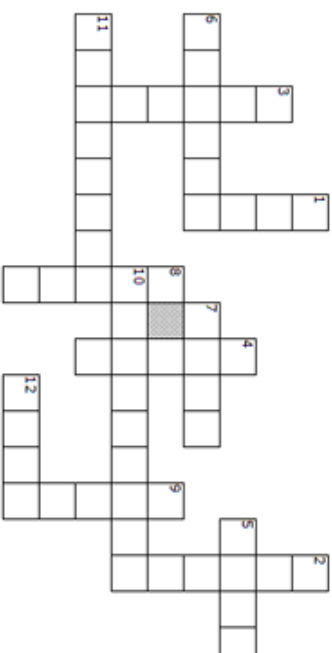
--	--	--	--	--	--	--	--	--	--

1 2 3 4 5 6 7 8 4

## PUZZLE CLUES

1. A sound like the blowing of a violent \_\_\_\_\_ came from heaven.
  2. They saw what seemed to be tongues of \_\_\_\_\_.
  3. All of them were filled with the Holy \_\_\_\_\_.
  4. They began to \_\_\_\_\_ in other tongues as the Spirit enabled them.
  5. Peter stood up and spoke to the \_\_\_\_\_ of people.
- Answer: All of these events took place on the day of \_\_\_\_\_.
- Check your answers in Acts 2:1-14 (NIV)

# Crossword Puzzle



### ACROSS

5. Make something to be full
6. To be totally surprised
7. Something that is pure and good, such as God's Word
10. The day the Holy Spirit came upon the apostles
11. Means of communication used by the people of a particular country
12. A destructive burning

### DOWN

1. Blowing air, especially that which would move the leaves on a tree
2. A being that cannot be seen, like a ghost
3. The place where God lives
4. Something that can be heard
8. To say words, to use the voice
9. A building which people live in

HEAVEN	SPIRIT	FIRE	HOLY
WIND	PENTECOST	LANGUAGE	SPEAK
SOUND	FILL	HOUSE	AMAZED





## Quick Picks for Kids and Stretched Parents

Week of May 30 – June 5, 2020

- 1. Create an historical document:** <https://www.glenbow.org/programs/dear-glenbow/> **5-adult**  
The Glenbow is asking Albertans to send in letters, photos, illustrations and drawings about our COVID-19 experiences. This is a time to reflect on history – our history. What would each member of your family choose to communicate and what medium would they select? This could become a family archive as well.
- 2. Readalong: 5-7** <https://www.youtube.com/watch?v=pTodLCCX-0Q> Seems I'm still into last week's theme of mud. This story is even better: mud AND worms! And for younger ones, **2-5, try this one:** <https://www.youtube.com/watch?v=9UolpTRYJlw>
- 3. Catching bubbles (and other bubble activities) 18 mos. +** <https://wonderfuldiy.com/fun-bubble-activities/> So how do you make bubbles tough enough to catch them? Glycerin and a sock are the tricks. You can get glycerin at a pharmacy – even Walmart. Here's the recipe:
  - 1 C distilled drinking water
  - 1 Tablespoon dish soap
  - 1 Teaspoon of glycerin (I ordered mine online)
  - straw (this is just what I chose to blow the bubbles with, I'm assuming you can use a typical bubble wand)
  - 1 clean glove (or sock) – this is to keep the bubble from popping easily. **MIX ALL INGREDIENTS TOGETHER AND LET SIT FOR 24 HOURS This strengthens the bubbles.** (<http://www.playathomemomllc.com/2011/09/bouncing-bubbles-2/> The sock helps keep them from popping.
  - **OR** You can use the same sock and attach it to a water bottle with the bottom cut out to make a large bubble pipe. Duct tape or an elastic band work well. Now dip the sock into slightly diluted dish soap dyed with food colouring. Kids can create a bubble snake by blowing into their DIY pipe. Definitely an outdoor activity. Lots more cool bubble activities at this site. (*Thanks, Esther, for the idea of bubbles*).
- 4. Worm gathering: 2+** Here's a great creepy-crawly activity that urges gentleness. After a rain or watering, worms come up for air—and sometimes to look for a new place to live. Instead of waiting for them to die on the sidewalk or driveway, gently lift them between your forefinger and thumb and put them in a cup of moist soil. Never pull them out of the soil: you'll hurt them. Put them in a worm box – or better – back onto the lawn or garden and watch them disappear. Earthworms are free farm help. Want to know more about the science of these squirmy creatures? [https://www.youtube.com/watch?v=l-zc\\_1vjLnl](https://www.youtube.com/watch?v=l-zc_1vjLnl) (*Thanks, Gloria, for suggesting a kind way of learning about worms*).



5. **The Worm Squirm Obstacle Course 3-11** (*Teens might enjoy this too!*) This is an obstacle course made of pillows, boxes etc. When it's your turn, you squirm like a worm on your belly to complete the obstacle course Other worm activities: <https://kidactivities.net/worm-theme-for-kids/> Or do the inchworm walk:

1. Stand with feet together, bend, and touch hands to the floor– just in front of your feet.
2. Walk your hands forward – without moving your feet up – until you can't go any farther.
3. Next walk your feet up to your hands. Continue...
4. If some of the children cannot do this, they could always lie down on the floor and wiggle forward any way they can.  
Play some music to go with the movement!!!

6. **Herman the Worm Song: 3-9** [https://www.youtube.com/watch?v=LgqLP\\_PJgMk](https://www.youtube.com/watch?v=LgqLP_PJgMk) A simple melody and actions. This one is an earworm that could drive you crazy on a road trip.

7. **Make a dandelion crown or chain: 4-11** <https://www.youtube.com/watch?v=bl-8LKVW2Cg>; <http://homejoys.blogspot.com/2013/04/how-to-make-dandelion-chains.html> There's a huge supply of dandelions out there and a lot of ways of making dandelion crowns, wreathes, chains and jewellery. When I was in grade 2, we created a dandelion skipping rope with super dandelions that had 60cm. stems! I wonder if any of you can find a patch like that one? *By the way, many of us really dislike dandelions, but bees love them. They are often the earliest pollen supply in spring AND they are just the right colour. Bees are attracted to yellow, white, and blue.*

8. **Send joy in a jar: 5-adult** <https://parentingoc.com/2016/06/jessies-joy-jars/> Joy jars were created by Jessie who wanted to encourage kids with cancer. But these jars can be adapted to inspire your neighbours as they wait out the COVID 19 pandemic or as a gift for Dad on Father's Day. Decorate a jar and add cheerful messages, or small gifts, comic strips, puzzles or crosswords cut out of the newspaper... A way of developing empathy and experiencing the joy of giving. (Thanks to my friend, Rhonda, who frequently gives these to others).