

## CHILDREN'S RELIGIOUS EXPLORATION

### **Here is the Children's Chapel schedule as planned for the first part of the year:**

September 15th – Little Acts of Creation with JJ

September 22nd – A visit to the Sukkot Hop at Congregation Shir Shalom, Woodstock with Geraldine (field trip)

September 29th – Lessons in Yoga and Art with Geraldine

October 6th - A Visit with Tai Chan Huey at the Tea House with Anthea (field trip)

October 13th - Lessons in Yoga and Art with Geraldine

October 20th - Little Acts of Creation with JJ

October 27th - The Natural World with Anthea

November 3rd - Lessons in Yoga and Art with Geraldine

November 10th - Little Acts of Creation with JJ

November 17th - Lessons in Yoga and Art with Geraldine

November 24th - Lessons in Yoga and Art with Geraldine

December 1st - The Natural World with Anthea

December 8th - Lessons in Yoga and Art with Geraldine

December 15th - Little Acts of Creation with JJ

December 22nd - Lessons in Yoga and Art with Geraldine

December 29th - No Children's Chapel

January 5th – No Children's Chapel

January 12th - Lessons in Yoga and Art with Geraldine

**RE Committee will meet on January 12<sup>th</sup>, 2014 to plan the spring schedule. Parents are welcome to attend and offer feedback.**

### **Weekly Summaries:**

#### **Children's Chapel September 8, 2013**

Geraldine, Anthea and JJ all teaching on the first day of RE

11 children participating

Great to be back. Today after our circle we did a centering exercise with our "candle" and learned some poses such as mouse, cat and dog. We then did a craft with JJ making "knowledge" caterpillars with pencils. Anthea finished off the morning with her "mystery bag." The children felt the object in the bag and guessed what was in it.

We had a fantastic morning!

#### **Children's Chapel September 15, 2013**

JJ Overstreet teaching

10 children participating

We made edible sukkots to prep for the field trip next week. They were made out of graham crackers, pretzels and candies.

#### **Children's Chapel September 22, 2013**

Geraldine - leading field trip

10 children participating

We had a great visit to the sukkot hop at the Congregation Shir Shalom. The children had an opportunity to decorate the sukkah with flowers, apples, gourds, etc. Then the Shir Shalom students shared what the Sukkot was. Once that was completed, we had an opportunity to snack on fruits, crackers and drink some apple juice. We ended our visit with a tour of the synagogue.

Thanks to Hope Yeager for arranging this fun and international field trip and for all the parents who chaperoned.

### **Children's Chapel September 29, 2013**

Geraldine teaching

6 children participating

Awesome day today! We shared our joys and concerns, got out our yoga mats, and started with some stretches and moved into some poses and then did the "Dance for the Sun" sequence.

We then went downstairs and spoke about the children at the North Chapel house in Cambodia and we discussed questions we have about the children and living there.

### **Children's Chapel October 6, 2013**

Anthea, Hope & Geraldine – field trip

11 children and 9 parents

We had a wonderful visit with Thaie, the Buddhist monk, in his tea house in South Woodstock. Thaie told us about the life of monks and nuns, and the belief that ignorance is at the root of all suffering in the world. He explained that Yoda and Luke Skywalker (from Star Wars) inspired him as a young man. Participants asked excellent questions about kindness and the importance of honesty. It was a thoughtful discussion and meditation in a magical setting.

### **Children's Chapel October 13, 2013**

Geraldine teaching

9 children participating

We started with our joys and concerns and centered ourselves using our colored light. The children chose some stretching/warm-up poses and then we did the "fishy song" and freeze-dancing.

We finished with a visualization/meditation titled "light bulb brain."

At the end we got to discuss some of the things we are grateful for in church.

### **Children's Chapel October 20, 2013**

JJ Overstreet teaching

3 children participating

Influenced by the kids' field trip to the Buddhist monastery, we read a book on the Buddha's life, and then made Buddhist necklaces. We ended with a short "meditation" using their necklaces to count the beads.

### **Children's Chapel November 3, 2013**

Geraldine teaching

7 children participating

Today we did our joys and concerns and spoke about Halloween. We then did a few dances and then watched a documentary about the North Chapel House and the children who live there.

### **Children's Chapel November 10, 2013**

JJ Overstreet teaching

5 children participating

We made snowflakes to celebrate the first snow. We talked about how each snowflake is beautiful and unique.

### **Children's Chapel November 17, 2013**

Geraldine teaching

3 children participating

Karen Wolk came and spoke about the orphanage in Cambodia! We then did the fishy song and practiced some poses before ending off with our closing words.

### **Children's Chapel November 24, 2013**

Geraldine teaching

2 children participating

Today we started with our Joys and Concerns. Then we did some warm-up exercises and did our “Dance for the Sun” yoga routine. We tried to watch a video on the North Chapel House but it wasn’t working so we did the “Light Bulb” visualization.

### **Children’s Chapel December 1, 2013**

Anthea Lavallee teaching

9 children participating

Today we talked about upcycling as a way to re-purpose things that we might otherwise throw away. We talked about saving interesting materials (e.g., ribbon, fabric, colorful paper, off-cuts of wire, yarn, etc.) to be used for future craft projects. Then we used these materials and other craft supplies to make holiday wreaths. Everyone also took home an extra wreath frame, with the suggestion that they use them to create one-of-a-kind wreaths out of used holiday wrapping paper and ribbon. It was nice to see older participants helping the younger ones with their crafts – great group!

### **Children’s Chapel December 8, 2013**

Geraldine teaching

9 children participating

Awesome day! In our Joys and Concerns we had a moment to talk about Nelson Mandela and the children blew me away with their knowledge.

We then made up yoga poses around the Christmas themes – tree, star, angel, ornaments, etc.

We also did a dance “Bop ‘Til You Drop” and watched a video on the children of the North Chapel House in Cambodia.