

Week of August 9

Theme	Take Courage! God meets us in the most unexpected places.
Scripture	1Kings 19:9a,11-13a; Psalm 85; Romans 9:1-5; Matthew 14:22-33
Science	<p>Try this experiment:</p> <p><u>CALMING OUR WORRIES</u></p> <p>What you will need: Glass Jar w/ vinegar = us; Baking Soda = our worries; Mixed together it becomes too much; Add Oil=God... it calms the reaction down</p> <p>Explain: sometimes we feel worried and that nothing can help us, but when we add God we are able to worry a little less!</p>
Arts/Craft	<p>Try these activities!</p> <p>Family Handprint Prayers: <i>PLEASE SEE HANDOUT on our website</i></p> <p>Courage Jars: <i>PLEASE SEE HANDOUT on our website</i></p> <p>Foam Cup Lion Face: <i>PLEASE SEE HANDOUT on our website</i></p>
Music	<p><u>Make a Difference</u></p> <p><u>Filled With Your Glory</u></p> <p><u>Go Make a Difference</u></p> <p><u>Still</u></p>
Movement /Game	<p>Cool down with a Sponge water relay—- 2 buckets... one full with enough sponges for each participant and another empty bucket at the opposite end. You can either time how long it takes the group to fill the empty bucket or create a race with 2 sets of buckets... team 1 vs. team 2</p>
Snack	<p>Blue Jello Cups & Swedish Fish; apple slices with pretzel stuck in it and a triangle piece of cheese for a sail</p>

Service	COVID-19 has heightened the anxiety of so many. Take the time this week to reach out to a friend or to commit to making a phone call to an individual in your parish who is alone and may not have a lot of one to one contact. Download this handy card to help you share ways others can alleviate stress: <u>Tips for managing stress</u>
Prayer	<u>Mary, Undoer of Knots</u>
Reflections from the Hammock	It can be easy to have doubts when the world is in turmoil. We all experience those moments of fear and isolation from God. As you reflect this week, focus on the temptations you have had to fear that God is not walking alongside us on this tumultuous journey. Are you able to see the presence of God, even in the midst of crisis? Where has God been revealed to you lately?