

CHILDREN & FAITH DURING COVID TIME

GROWING YOUR FAITH GARDEN



Hi kids! Happy Sunday!!

Hey, did you know that whether your family chooses to participate in church online at home in your living room, or if you come to an in-person church service, you are an important part of our Church Family at Eastminster United! God loves you so very much, and we at Eastminster care about your family and we want you to continue learning about God and growing in your faith, no matter where you choose to worship!

Did you know that "growing your faith" is kind of like taking care of a garden? Yeah! What does a gardener do? First they have to prepare the soil, then they have to plant the seeds and then they need to water them. Starting your day with prayer or doing something to calm your mind and focus on God is like preparing the soil. Learning about God at church or with our family at home is like planting the seed. And then we need to water the seed, which is what we do when we think about what we have learned, and figure out how it connects to our lives, to really let all that goodness "sink" in! Your family can start a Sunday routine at home that will allow you to keep on growing your faith, like a beautiful Sunflower in a garden, no matter where you choose to worship!

There are some things you can do to get ready for Sunday's online service- to get your soil ready for planting! You and your family can get all set up in a comfortable room where you can watch the church service together. And maybe you can gather the following things, and keep them in a special basket to get out every Sunday morning:

*A candle. *Something to make music with (you could even put some beans in a coffee can to shake, and a coffee can also makes a great drum if you use a wooden spoon on the plastic lid!). *A Bible. *Some crayons and paper. *A print-out of the Sermon Notes for Kids colouring page. *And maybe a small snack.

At Eastminster we have a candle that we light which is called "the Christ Candle". It helps us to remember that Jesus is the light of the world and that we are never alone. Maybe you can play a special song while your adults light the candle. A really nice one is "Sing" by Ellie Holcomb https://www.youtube.com/watch?v=O7fa_SNipwk Or "Light of your Love" also by Ellie Holcomb. <https://www.youtube.com/watch?v=-bX-Yx9jsDU> . Both of these songs are great for "preparing" your heart for Sunday morning church! So this is like getting the "soil" ready in the garden of your heart. Listen to the music, watch the candle and use your instruments if you want to help play along.

Next is the "planting" part of Faith Growing. Have your adults put the Eastminster Online Service on the computer or TV screen. Listen to Reverend McMaster as he talks to everyone about today's service and he will pray, which is talking to God. Someone will read

the Bible. Maybe your adults can show you where Philippians is in the Bible. There will also be some music, and you can take part by playing your instruments and dancing if you like.

Then there will be the part of the service where Reverend McMaster talks to the adults, which is called the "sermon". But for your special at-home service, just before the sermon starts, have your adults pause the video and read the "Sermon Notes for Kids" to you about the day's Bible Reading so that you can understand for yourself.