



COMPASSION

CAMP

Be Loved • Be Kind • Be You

**FAMILY
PACK**



© 2020 Illustrated Ministry, LLC. All rights reserved. illustratedministry.com

Reviewers: Theresa Cho, Heather Green, Nichole Gonzalez

Contributors: Nichole Gonzalez, Mihee Kim-Kort, Arianne Braithwaite Lehn, Amanda Meisenheimer, Corby Ortmann

Concept: Mihee Kim-Kort, Rebekah Lowe

Editing: Arianne Braithwaite Lehn, Rebekah Lowe

Founder: Adam Walker Cleaveland

Unless otherwise noted, scripture quotations are from the New Revised Standard Version (NRSV).

Published by Illustrated Ministry, LLC, Racine, Wisconsin.

illustratedministry.com

info@illustratedministry.com



TABLE OF CONTENTS

Introduction Letter.....	1
Session One: At the Table.....	4
Session Two: To the Neighbor	42
Session Three: For Myself	70
Session Four: Along the Way.....	94
Session Five: With the World	120
Song Sheets	146
Sheet Music	158
Appendix.....	174
About the Contributors	178

WELCOME TO COMPASSION CAMP: BE LOVED. BE KIND. BE YOU.

In light of the COVID-19 pandemic, we created our At-Home/Virtual VBS or Holiday Club (for our international friends and customers) program where kids and families explore what it means to have compassion for others, ourselves, and the world. While this At-Home/Virtual VBS is geared toward both preschool-aged children and K-5th graders, it is extremely flexible, adaptable, and fun for the entire family, older siblings included.

You received this At-Home/Virtual VBS from your church. We designed Compassion Camp for both your family and your church could have the freedom to use in whatever way you see fit! Your church may be leading some or all the material online. Feel free to join in. Or your church may have sent this to you so you can lead it at your own pace with your family for some summer fun and faith formation. Whether you prefer less screen-time or enjoy connecting online; whether you live in an apartment in the city or have a backyard; we've created Compassion Camp to meet a variety of contexts and needs.



WHAT YOU CAN EXPECT FROM THIS FAMILY VBS

This family at-home VBS is tailored for easy family use with short readings and reflections along with simple activities using basic materials found at home. All the materials mirror your church's scripts and guides, so if you've missed some of the on-line portions your church might be hosting, no worries. You've got it all right here. The Compassion Camp materials make it possible for you to bring this virtual/at-home VBS or Holiday Camp to life without hassle.

There are also prompts for sharing photos/videos of the activities you do together as a family while apart. Kick it up a notch if creativity strikes by adding in any additional crafts or materials you desire. We even have a Compassion Camp Pinterest Board for you to see a list of curated crafts and ideas that go along with each of the themes. You can also access the Compassion Camp Pinterest Board here: <https://illstrtdm.in/CompassionCampPinterest>

Follow On  Pinterest

WHAT IS AN AT-HOME/VIRTUAL VBS AND HOW DO I DO IT?

Virtual VBS is mysterious territory for all of us. While the world of online education has grown exponentially in the past couple of decades, VBS has remained a community-based, physically-present entity. How do we take this sticky, rowdy, mainstay of summer and create some kind of version to be done at home?

Embrace the medium. Nothing you do will replicate last summer's VBS. Give thanks for the past, and welcome a fresh vision. An at-home VBS creates new challenges and opportunities. The only way to discover those is to approach it with an open mind and heart. You will have control of your schedules, including how much or little you want to use the materials. Supplies needed are basic office and art supplies typically found at home.

CAN I SHARE MY COMPASSION CAMP FILES SENT BY MY CHURCH?

ILLUSTRATED MINISTRY'S BEST PRACTICES

We make our products available digitally because our customers find this method to be the best and quickest way to receive them. This file is a gift from your church, and is for individual family use only. You can use it as many times as your family desires. To continue making quality products you know and love from Illustrated Ministry, we ask for your care and respect by not sharing this digital file.

SESSION BREAKDOWN

As we look around the world, what becomes clearer each day is our deep need for compassion - now more than ever. Compassion Camp's goal is to cultivate compassion for each other, ourselves, and the world. Each of the five sessions has a central scripture passage about the day's theme.

SESSION ONE

At the Table

Luke 15:11-32

SESSION TWO

To the Neighbor

Mark 2:1-12

SESSION THREE

For Myself

Mark 12:28-31

SESSION FOUR

Along the Way

Ruth 1:1-22

SESSION FIVE

With the World

Leviticus 25

We will examine different places in our lives where we can cultivate compassion. Using each of the components of Compassion Camp, we'll explore themes of compassion with each session's scripture. Below, you can find a brief description of those components:

GATHERING & MUSIC: Introduces the session's theme with a short reading. It's an ideal time to learn the original music written for each session.

BIBLE STORY: A child-friendly paraphrase of the Bible story, accessible for all ages, with imagining and wondering questions to connect more deeply with the story. We also included a coloring page and a Mosaic Tile Poster that can be made into fun VBS decor for your home.

CREATE & PLAY: A fun mix of crafts and games throughout all five sessions to practice our compassion skills and have fun together.

MOVEMENT: Physical engagement to connect our minds, bodies, & spirits with God. We will focus on our breathing alongside some basic yoga poses connecting the main themes of Compassion Camp with our lives.

COMPASSION IN ACTION: Our Compassion in Action activities help your family think creatively about sharing our compassion and love. These simple, small, tangible acts help us express God's deep compassion for each other, ourselves, and the world.

SENDING & MUSIC: Wraps up the session's theme with a short reading. This is another excellent spot sing the original music written for each session and use the illustrated prayer for reflection.

ORIGINAL MUSIC

We have five original songs that go along with each session's theme. In this document, you'll find song sheets with chords, as well as sheet music (in both the original key, and a higher key, for additional options).

You can watch sing along videos on YouTube here: <https://illstrtdm.in/CompassionCampSingAlong>

You can listen to the songs on SoundCloud here: <https://illstrtdm.in/CompassionCampMusic>

APPENDIX

We've included an appendix at the end. There was more we wanted to share with you as we worked on each session. But less is more, right? The extra goodies are there in case you were hoping for additional ideas!

COMPASSION CAMP PLAYLIST

We have also curated a Compassion Camp Playlist on Spotify. Included in this playlist are songs that connect with the themes of Compassion Camp. We hope you enjoy these tunes, and if you hear a song you enjoy, please be sure and "heart" it. You can listen to it here: <https://illstrtdm.in/CompassionCampSpotify>

Listen On  Spotify

FEEDBACK ALWAYS APPRECIATED

We are excited to see the many ways churches, communities, and families will use Compassion Camp! As with all of our products, we encourage people to think big and get creative. A great way to share your Compassion Camp experiences is to post photos on social media, using the hashtag **#illustratedministry**. We can't wait to see glimpses of your creativity!

As you use these resources, we would love to hear what was helpful and meaningful, as well as any suggestions and comments you have for us. We want to continue to create quality faith formation materials and appreciate your feedback. You can reach us at info@illustratedministry.com or find us on the following social networks:

Facebook: fb.com/illustratedmin

Instagram: instagram.com/illustratedmin

Twitter: twitter.com/illustratedmin

Pinterest: pinterest.com/illustratedmin

YouTube: youtube.com/illustratedmin

Peace,
The Illustrated Ministry Team

SESSION ONE



TAKEAWAY: COMPASSION HELPS US SEE AND WELCOME.

COMPASSION HELPS US SEE AND WELCOME. To see and welcome is how we accept one another. When we gather together at the table, we accept each other in the same way God accepts us. Children will practice recognizing and sharing in the feelings of others as well as connecting with their own bodies/emotions. Through the parable of the father and the two brothers in Luke 15:11-32, children will witness how compassion empowers us to release any anger and judgment we may hold toward others, ourselves, and the world for not being what we wanted or needed. Children will learn how compassion inspires seeing, forgiveness, and welcoming.

THIS PAGE INTENTIONALLY LEFT BLANK.



GATHERING & MUSIC

To begin your Compassion Camp experience, read this guide together if you are not gathering online with your church.

Did you know some human expressions are contagious? When one person yawns, it is common for the people around them to yawn too! Try it out together.

Choose someone to yawn and see if the action is contagious. Go ahead!

Now, let's try that again with these expressions

Laughing...

Smiling...

Frowning...

Crying...

DISCUSS TOGETHER

- Which expressions are more contagious?
- Is it difficult to laugh or cry on command? Why or why not?
- When you see someone else cry, how do you feel?

When you see someone yawn or laugh or cry, something in your brain responds because you know what it is like to feel laughter or sadness or sleepiness. That is called empathy. And when we know what it is like to feel something, we become more compassionate toward one another.

For example, if you **see** me step on a LEGO, you may **feel** compassion for me because you know it hurts! Your foot cannot feel it in that moment, but your empathy kicks in and your brain reminds you what that suffering feels like. If your compassion is strong, you might offer to **help** me.

That's what compassion is: you see my hurt, you feel my hurt with me (empathy), and you help ease my hurt.

But in order to show empathy, we need to see each other! **This is the beginning of compassion.** When we gather around a table and we look into each other's eyes or hear each other's voices, we begin to be able to understand how we are all feeling. That is why it is so important that we welcome others to our table.

That can be our kitchen table, the Lord's table of communion, our lunch table at school, or a digital table online! When we welcome different people, we are able to show more empathy.

Today's song is a gathering song. God invites everyone to the table of blessing. Everyone is included. When we sing this song together, think of all the people that you would like to include at God's table.

IF
YOU'RE USING
COMPASSION CAMP'S
ORIGINAL MUSIC, THIS
WOULD BE A GOOD TIME
TO TEACH SESSION
ONE'S SONG: COME
TO THE TABLE.

SONG: COME TO THE TABLE

C

Come to the table

F

Come to the table

G

Come to the table

F

C

And celebrate with us

*You may want to continue on with these other verses,
or feel free to make up some of your own:*

We are all welcome...

Let's have a party...

You are my sibling...

We are a family...

To modulate up a key, use D-G-A

We will read a story about a family party where everyone was celebrating around a meal. But one family member was not too happy about this party!

Before we move onto the rest of our activities, let's pray this prayer about compassion together. Place one hand on your head and one hand on your heart. We are doing this because compassion happens in our brains, but we often feel it in our hearts.

Choose a family member to lead the prayer.

Repeat after me,

*Welcoming One,
Your warm, wide arms are always open,
drawing us into your heart full of love.
Make our arms your own, helping us see and welcome
with compassion all those we meet.
Amen.*

BIBLE STORY: LUKE 15:11-32 (THE FATHER & THE TWO BROTHERS)

As you read the Bible story, remember compassion means I see your hurt, I feel your hurt with you, and I'll work to ease your hurt. Pay attention to any moments of compassion you notice, especially who shows compassion and who receives compassion. On the next page, there are three different options for fun dramatic play.

Jesus told this parable:

There was once a man who had two sons.

The younger brother greedily demanded his inheritance, turned his back on his family, and left them for a far away country. He wasted all the money he took from his family.

Soon he became needy and hungry. Even though he felt ashamed, he decided to return home, hoping his father might welcome him back.

When his father saw him, he was filled with compassion.

He ran out to his son and threw his arms around him. He was so happy he was alive!

The father got a big dinner together with the best food and drink to give thanks for his son's safe return.

Meanwhile, the older brother came in from the fields, tired from working hard all day. When he heard the music and dancing, he became very angry and refused to go in.

His father went to the older brother to persuade him to come, but he said: "I've listened to you and worked hard for you all these years and you've never given me a party. My brother comes home after wasting all his money and you throw him a huge party!"

His father said to him: "Son, I love you. You know what is mine is yours. But people matter more than possessions. We thought we lost your brother from our family, but he's home. **Come to the table, and celebrate with us!**"



OPTIONAL WAYS TO TELL THE BIBLE STORY

OPTION ONE

Find four readers and have them read through the script below.

OPTION TWO

Have one reader, and act this out with three people. One person to play the “father/parent,” and two people to play the “brothers/siblings.”

OPTION THREE

Have one reader narrate while everyone acts out the different emotions in the story (**in bold**).

Reader 1: Jesus told this parable: There was once a man who had two sons. The younger brother **greedily** demanded his inheritance, turned his back on his family, and left them for a far away country. He wasted all the money he took from his family.

Reader 2: Soon he became needy and **hungry**. Even though he felt **ashamed**, he decided to return home, hoping his father might welcome him back.

When his father saw him, he was filled with compassion. He ran out to his son and threw his arms around him. He was so **happy** he was alive! The father got a big dinner together with the best food and drink to give thanks for his son’s safe return.

Reader 3: Meanwhile, the older brother came in from the fields, **tired** from working hard all day. When he heard the music and dancing, he became very **angry** and refused to go in.

His father went to the older brother to persuade him to come, but he said: “I’ve listened to you and worked hard for you all these years and you’ve never given me a party. My brother comes home after wasting all his money and you throw him a huge party!”

Reader 4: His father said to him: “Son, I love you. You know what is mine is yours. But people matter more than possessions. We thought we lost your brother from our family, but he’s home. **Come to the table, and celebrate with us!**”

READ ALOUD

When we listen to stories we can learn so much from the feelings of the people. This is one way we learn compassion. We see, listen, and recognize what people are feeling, and this helps us to feel their joy and their hurt with them. Sometimes it requires a bit of imagination on our part because the story might not tell us directly what people are feeling. For example, we might focus on the younger brother and father, but the older brother has something to show us, too. Compassion helps us to see how every human being is important and loved by God.

iMAGiNiNG & CoLoRiNG

As you color in this image, take some time for imagining, wondering, and discussing these questions.

ASK

What did the father see? Did you see what the father saw?

How about the younger brother?

What about the older brother?

What feelings did you feel when you heard the story?

Who shows compassion? Who receives compassion?

iMAGiNE ToGether

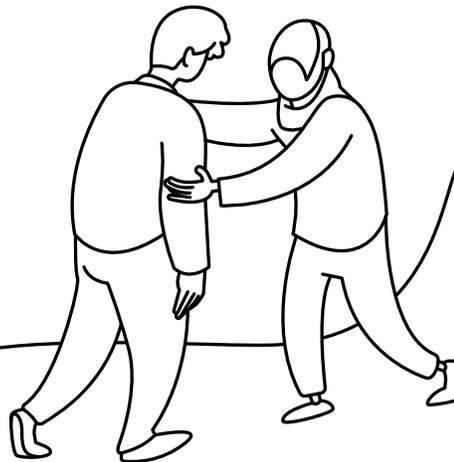
Do you think the older brother ever came to the party? And if he did, do you think he sat down at any of the tables?

Who might he have sat with? Do you think he sat at a table with his dad and brother? If not, when might they have had a meal together again?

Who sits with you at your dinner table? What do you talk about?

How do you welcome each other when someone's had a hard day or doesn't want to sit at the table?

At the Table



THIS PAGE INTENTIONALLY LEFT BLANK.



WALL ART

Once you're finished with the coloring page, cut it out. This coloring page will serve as your symbol for Session One.

We hope you'll want to put it up in your house to remember, "Compassion is seeing and welcoming."

We will color and cut out a different symbol for each session. Here are a couple ideas of how you can display your symbols in your home.

WALL HANGING

Supplies:

Scissors
Tape
Small curtain rod/dowel/stick
Ribbon/string/yarn
Paint (optional)

Directions: Decorate your small curtain rod/dowel/stick with ribbon/string/yarn by wrapping it around the rod or give the dowel/stick some paint to add color. Cut off about 6"-12" of ribbon or string, tie one end to the rod, and tape the other end to the "At the Table" symbol. We'll add each session's symbol as we go on.

GARLAND

Supplies:

Scissors
Tape
Ribbon/string/yarn

Directions: Cut about 4'-6' feet of ribbon, string, or yarn. If you would like to make it thicker, consider braiding three strands. Find a place where you can tie up the garland ends or have it hang straight down. Then tape this symbol 1/6th of the way from the left side of the ribbon, string, or yarn. We'll add each session's symbol as we go on.

COMPASSION CAMP POSTER

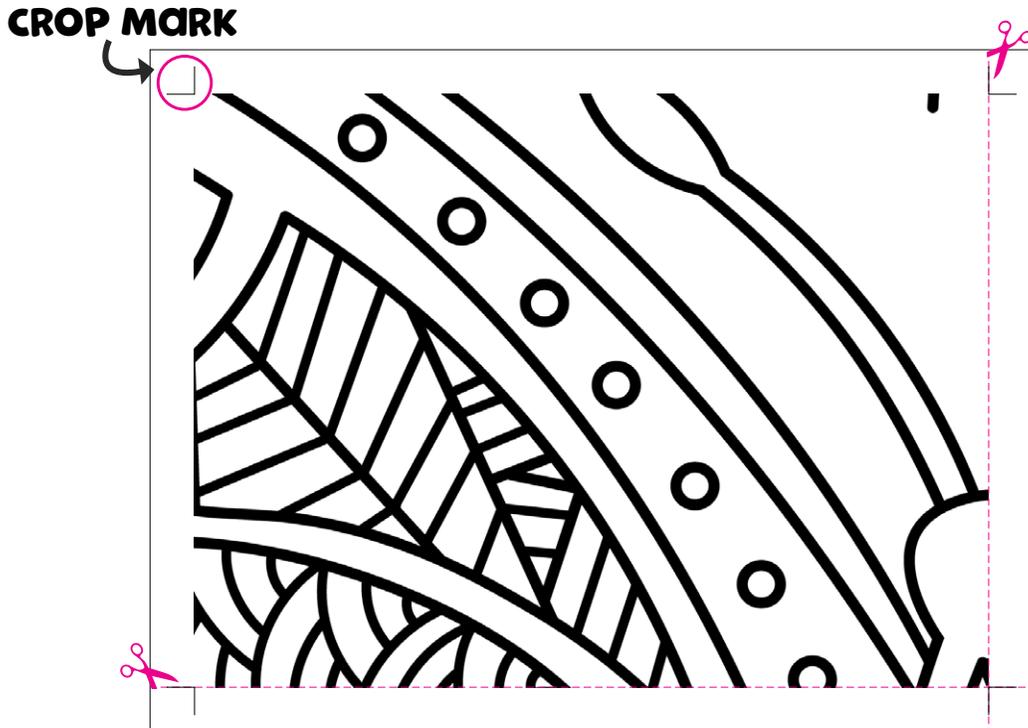
We created Mosaic Poster Tiles that can be made into fun VBS decor for your home. During each Bible Story section, we'll invite you to look for moments of compassion centered on that session's theme and color them in. By the end of the five sessions, your poster will be filled with color.

We tried to make this a relatively simple project anyone could do at home. That said, there is a disclaimer we should share:

If you are a perfectionist, proceed with caution. We tried many different methods for making these poster tiles, and we believe we ended up with the best possible option. While you're assembling the "puzzle pieces," you should keep in mind you are creating a beautiful, collaborative piece of communal art - not a gallery-ready fine art print. It's a fun project, and we can't wait to see photos you share online. Be sure to use the hashtag **#illustratedministry** so we can follow along!

PRINTING

When you print, select either "Scale" and set at 96% or "Scale to Fit (Print Entire Image)." Each page contains "crop marks" that guide you as you cut margins off around the image. You can get an idea of how they work by looking at the below image:



ASSEMBLY

Cut: Use the crop marks to guide you through cutting off the margins. Please be careful not to cut into the image. This format is designed to meet together when placed side by side, and there is no overlap of images on the paper.

Arrange: Piece together the poster by arranging the images on a large table or floor, as you would a puzzle. Don't be discouraged if it doesn't line up 100%...this is a fun project, remember?

Tape: We recommend focusing on one page at a time as you begin taping the pieces together. When two pages match and line up to your satisfaction, tape them together. Match the next page, line it up, and tape them together. Continue until you complete taping all the pages together for a complete poster.

COLORING

Once the Compassion Camp Poster is assembled, take some time to find all the moments of compassion that are happening around a table and color them in.

If you or your children need a little help, here are some scenes to look for:

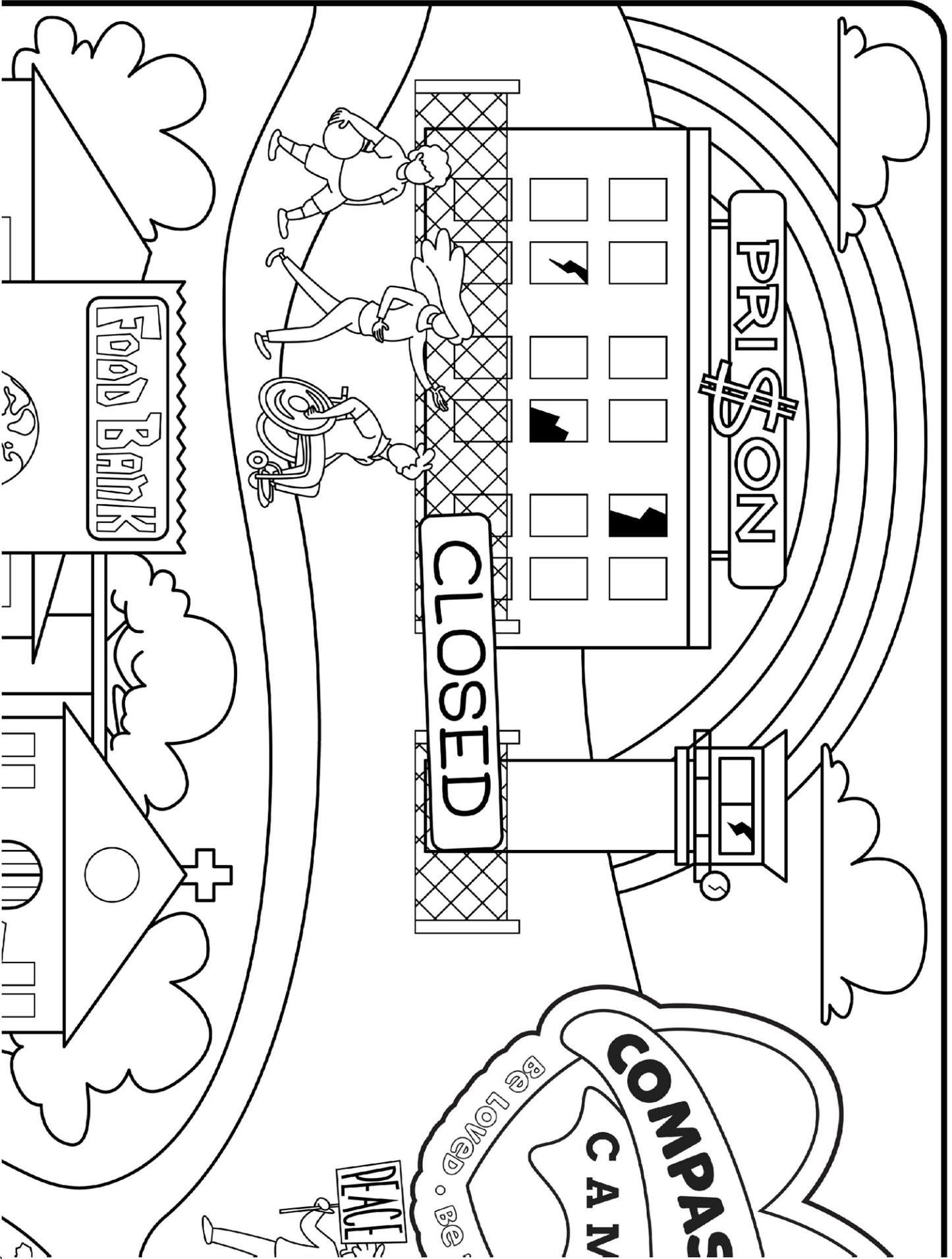
- Homecoming party at a park
- Friends dropping off food at someone's front porch
- Communion at a local church
- Food bank
- A truck delivering food to people

MODIFICATION:
PLAY "I SPY" WITH
YOUR YOUNGER
KIDS TO HELP
THEM FIND
THESE
MOMENTS.

You can find all of the Compassion Camp Mosaic Poster Tiles on the following pages. If you need to download the A4 version of the Mosaic Poster Tiles, you can access them here:

<https://illstrdm.in/CompassionPosterA4>

THIS PAGE INTENTIONALLY LEFT BLANK.



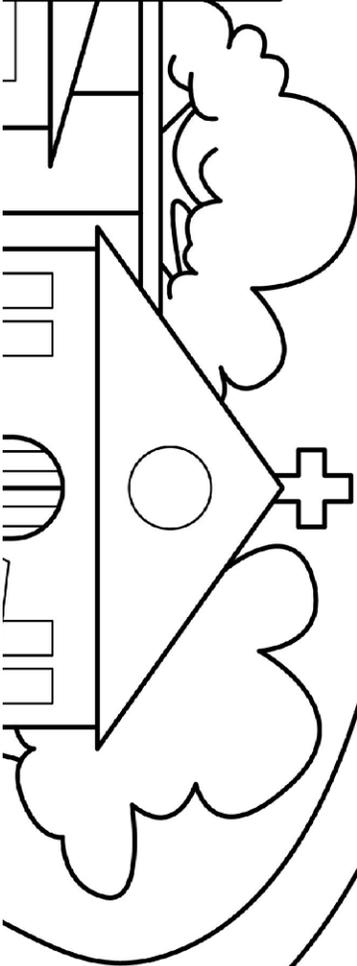
PRISON

CLOSED

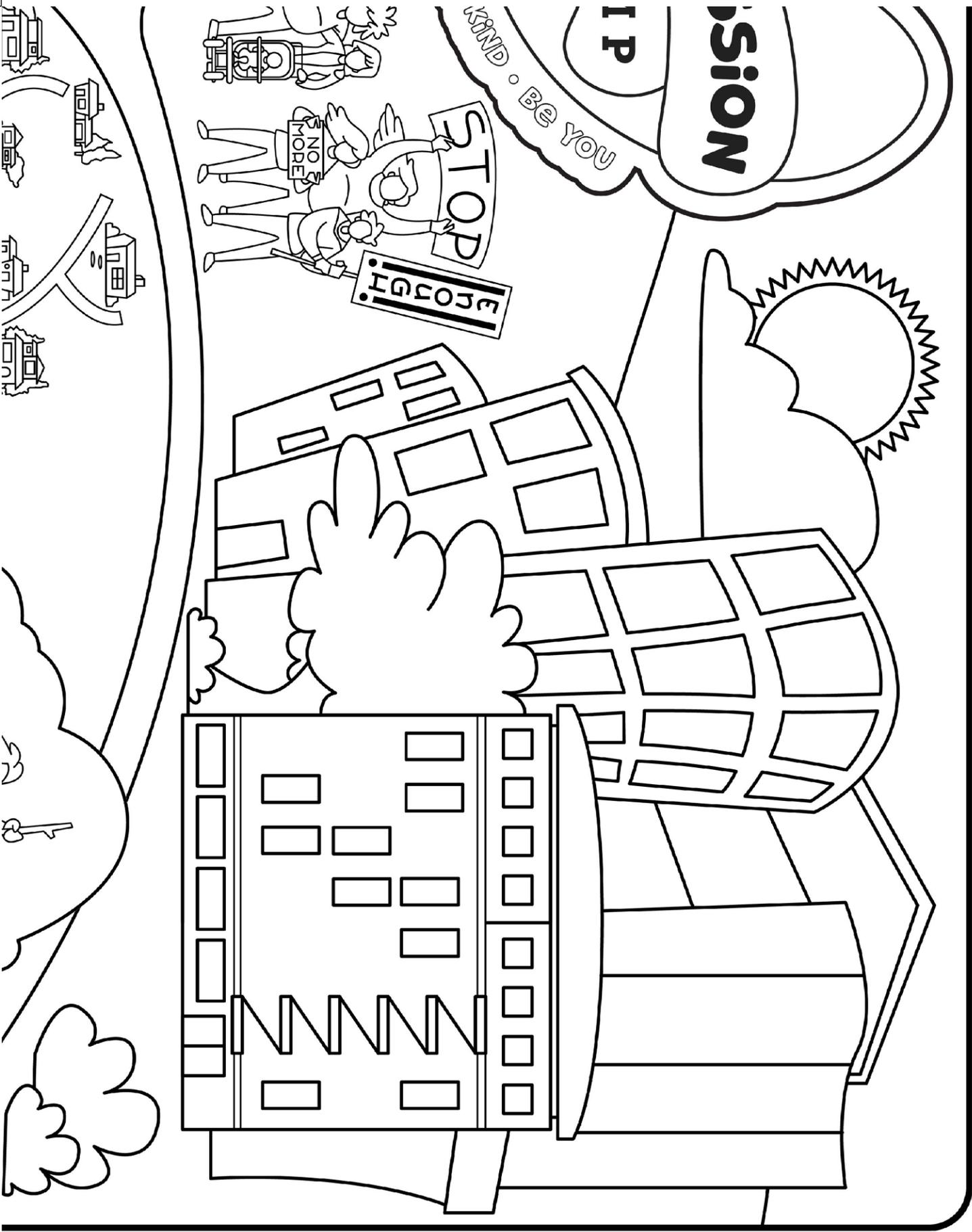
FOOD BANK

COMPASSION CAN BE LOVED • BE

PEACE



THIS PAGE INTENTIONALLY LEFT BLANK.



Mission

IP

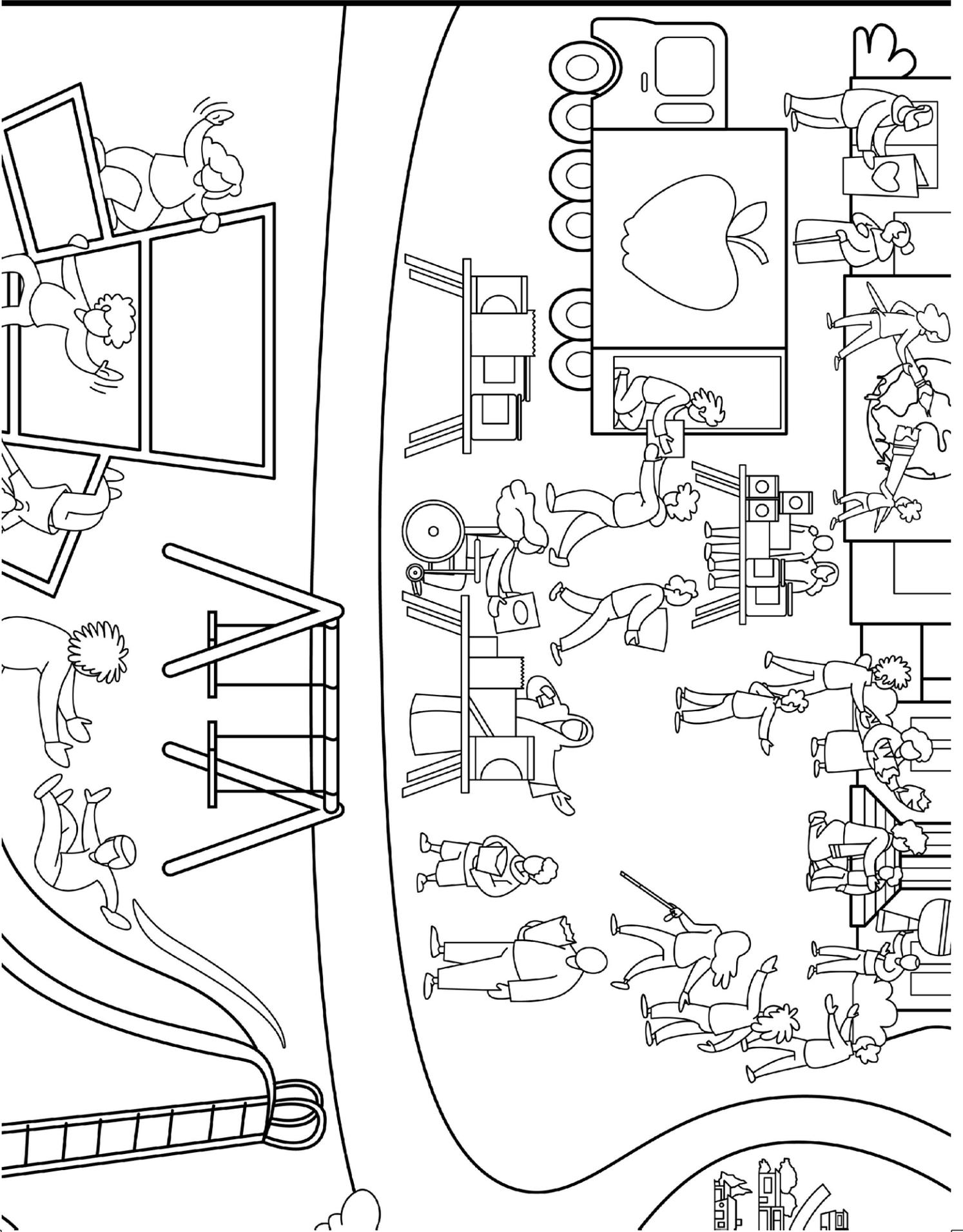
KIND • BE YOU

STOP

I Q U O J E

NO MORE

THIS PAGE INTENTIONALLY LEFT BLANK.



THIS PAGE INTENTIONALLY LEFT BLANK.



THIS PAGE INTENTIONALLY LEFT BLANK.

THIS PAGE INTENTIONALLY LEFT BLANK.



THIS PAGE INTENTIONALLY LEFT BLANK.

CREATE & PLAY

Depending on the ages and interests of your kids, play these games together. If you're playing the Feelings Match game and the Let's Make Faces Game, be sure to color and cut their cards before starting the game.

DID YOU FEEL...?

Compassion helps us understand how others are feeling. We use clues like facial expressions, tone of voice, posture, and our own experience to imagine what others might be feeling. But we don't always get it right, so we have to ask, "Is this how you feel/felt?"

Take turns telling a short story about an experience while others guess how you felt. The person to your right tries to determine how you were feeling during that experience. After discovering their neighbor's feeling, they tell their own story.

EXAMPLE:

I lost my tooth this morning.

Did you feel pain?

Not really.

Were you excited?

Yes.

If you are participating digitally, take turns telling your stories and guessing feelings based on what you can see or hear on the screen. Is it more difficult to decipher feelings when we are not in the same room? Why or why not?

Afterward, discuss how you knew what the other person might have been feeling. Can you read minds? Did you ever get it wrong?

ACTIVITIES FOR YOUNGER CHILDREN (PRESCHOOL)

Feelings Match Game

Print out two copies of the Emotions Cards Page. Color and cut on the dotted cut line so you have 12 cards. Place cards face down. To begin the game, take turns flipping over two cards at a time. When you find two cards that match, show everyone your face to match the emotion on the card.

Let's Make Faces

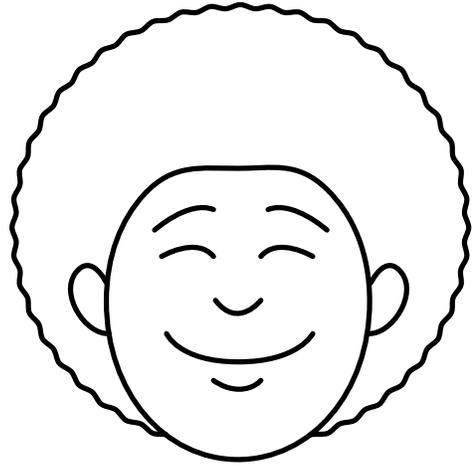
Use the same cards you made for the Feelings Match Game. Stack cards in a pile, take turns drawing one card from the card pile, and act out the emotion on your card. Players guess the emotion you are acting out.



THIS PAGE INTENTIONALLY LEFT BLANK.



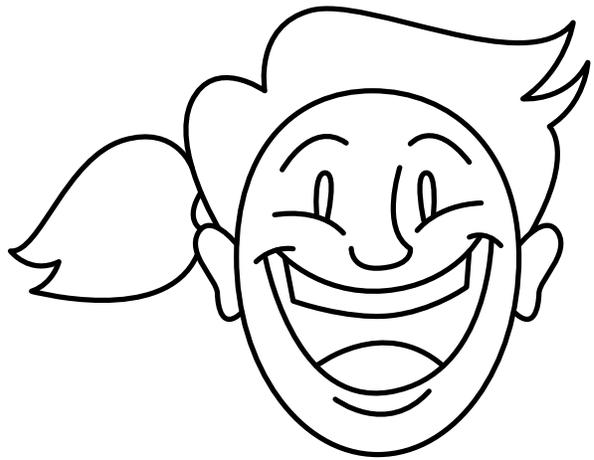
SAD



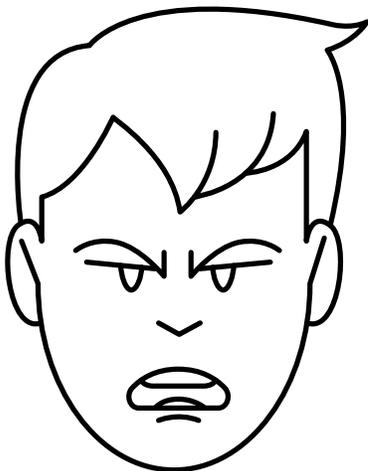
HAPPY



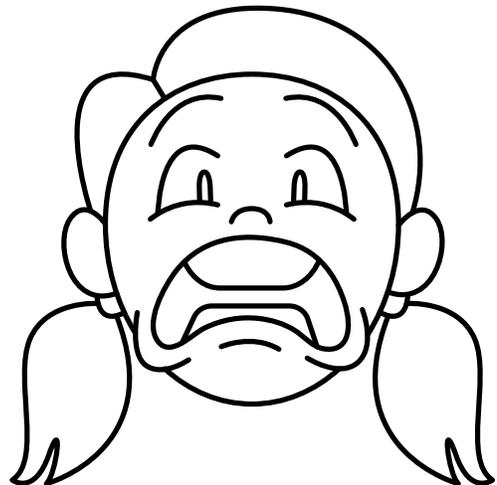
SILLY



EXCITED



MAD



SCARED



THIS PAGE INTENTIONALLY LEFT BLANK.

MOVEMENT

*This is a breath/yoga sequence connecting our bodies to compassion's gift of welcome. Note: If children have levels of physical ability which make these positions difficult, focus on the breath portions and namaste. **Breath itself is a powerful way to connect with the body!***

Yoga began as a spiritual practice in ancient India, centering on bringing the mind, body, and spirit into oneness with the Divine. This meaningful practice has grown globally, with people of all faiths and belief systems finding nourishment in different variations - a powerful reminder of how we learn from one another. When we say, "Namaste," we connect with siblings across the world.

Breathing is the heart of yoga, and breath itself is a physical way to receive and release. As we reflect on the ways compassion makes us release, accept, and welcome, we will focus on breath alongside some basic yoga poses.



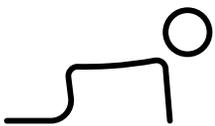
Sit on the floor, legs crossed. Take three deep, slow breaths together, with one person saying the following during inhales and exhales:

INHALE:	I see...	EXHALE:	...and welcome.
INHALE:	I see...	EXHALE:	...and welcome.
INHALE:	I see...	EXHALE:	...and welcome.



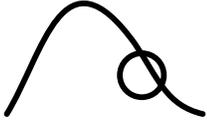
Move into child's pose (Balasana). Kneel forward, big toes together, knees making a "V," and stretch your arms forward. Let your forehead rest on the ground. Stay in this position for as long as feels comfortable for the people in your group. While in this pose, one person can say:

"Child's pose is a position where we connect with God's creation (earth) and God's Spirit within each of us as we bow our bodies and our hearts."



From child's pose, move into table top pose (Bharmanasana). Feel the steadiness of this pose, and how your hands and knees firmly plant into the ground. One person can say:

"The table is a place of regrounding. Feel your steadiness. There is room for everyone at God's table."

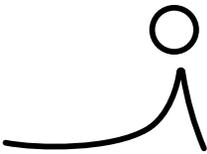


From table top pose, stretch your hips up, your legs back, and your arms straight into downward facing dog (Adho Mukha Svanasana). Hold this pose while breathing in and out a few times. One person can say:

“We let ourselves be stretched and prepared to see what’s to come.”



From downward facing dog, lower your hips into plank pose (Phalakasana), then lower further to the ground.



Straighten your arms and stretch your upper body, head toward the sky, into upward facing dog (Urdhva Mukha Svanasana). Hold this pose while breathing in and out a few times. One person can say:

“We face the sun and welcome what this day holds for us.”



From upward facing dog, lower your upper body back to the ground, then push your hips and legs up into downward facing dog once more.



From downward facing dog, jump both feet forward (or step one foot, then the other) to meet your hands. Slowly roll your back up until you are standing straight and tall in mountain pose (Tadasana).

(If desired, flow through this same sequence two-three more times. From standing position, lower your arms to touch the ground, then kneel into table top. Move through the sequence again, focusing on breath and flow).



Reach your arms up to the sky, then draw them into prayer form, right by your heart. End with a bow of your head and hands as you share the foundational yoga greeting - “Namaste” - a call to see one another the way God sees each of us. One interpretation of the phrase is “The Light in me sees the Light in you.”

COMPASSION IN ACTION

This Compassion in Action is creating a centerpiece for your family's dinner table. Begin by talking about what you all want to make, if you want to make one centerpiece all together, make one centerpiece with each one of you making a different element of it, or making individual centerpieces. Then collect materials, and CREATE! This is your time, let your family shine.

Compassion in Action activities remind us how we can be with each other so that in everything we make, do, or say, we feel Emmanuel, or God-with-us. These small, simple, tangible acts express the deep, wide compassion of God.

CREATE A CENTERPIECE

Create a centerpiece, a table decoration, for your next meal together that can stay there as a reminder of how God draws everyone together at the table.

Suggested Supplies:

- A container like a mug or vase
- Pipe cleaners, straws, construction paper, tissue paper
- Bits of nature like sticks, flowers, leaves, rocks, dandelions
- Candles

Before you begin, think about what kind of centerpiece you want to make. What kind of container do you want to use? What do you want to display in that container? Will you find things in your yard or home? Will you use craft materials to make things like flowers or little paper banners to go into the container?

Go collect your items and get creative putting together your family's table centerpiece!

If you want to share what you've created, take a photo of your Compassion in Action and post it online with the hashtag #illustratedministry and tag us @illustratedmin!

SMALL
ACTS.
GREAT LOVE.
-MOTHER TERESA

**PRO TIP: CHECK OUT
THE COMPASSION
CAMP PINTEREST
BOARD FOR EVEN
MORE INSPIRATION!**

THIS PAGE INTENTIONALLY LEFT BLANK.

SENDING & MUSIC

We learned how the beginning of compassion is seeing. This is one of the most true and honest ways we live out God's compassion.

When we really see when other people are sad, happy, lonely, scared, or hurt, we begin to feel it with them. That's our empathy.

PONDER TOGETHER

- Did you see sadness today?
- Did you see joy today?
- Did you see hurt today?

This is the beginning of compassion. Seeing what someone is feeling is the beginning, then we use our empathy to feel what they feel. And if our compassion is strong, we offer to help them. When we see and welcome each other, we make ourselves open to God's spirit of kindness.

Let's sing our song *Come to the Table* together. While we sing remember how God welcomes everyone to the table of blessing and think of all the people you would like to include at God's table.

IF
YOU'RE USING
COMPASSION CAMP'S
ORIGINAL MUSIC, THIS
WOULD BE A GOOD
TIME TO SING SESSION
ONE'S SONG AGAIN:
COME TO THE
TABLE

SONG: COME TO THE TABLE

C
Come to the table

F
Come to the table

G
Come to the table

F C
And celebrate with us

*You may want to continue on with these other verses,
or feel free to make up some of your own:*

We are all welcome...

Let's have a party...

You are my sibling...

We are a family...

To modulate up a key, use D-G-A

CLOSING

We saw how when we gather around a table, even like a virtual table, we can see and feel the emotions that are present around the table.

In our Bible story today, the father saw and welcomed his younger son.

He showed compassion when he saw his son's shame and sadness.

The father welcomed him back home.

But sometimes, we forget the father also showed compassion to the older brother by seeing his hurt and frustration.

He showed compassion and welcomed his son to the table.

The father reminded both brothers they are fully loved **no matter what**.

Let's end with our compassion prayer. Place one hand on your head and one hand on your heart. We are doing this because compassion happens in our brains, but we often feel it in our hearts.

Choose a family member to lead the prayer.

Repeat after me,

*Welcoming One,
Your warm, wide arms are always open,
drawing us into your heart full of love.
Make our arms your own, helping us see and welcome
with compassion all those we meet.
Amen.*

On the following pages, take some time to color and reflect on the prayer, and use the Daily Examen card, which offers an opportunity to reflect on the day together.

WELCOMING

ONE

YOUR WARM, WIDE ARMS

are ALWAYS open

drawing us into your LOVE.

Make **our ARMS** YOUR OWN

helping us **SAA&WELCOME**
with **COMPASSION** all

those we meet.

Amen

THIS PAGE INTENTIONALLY LEFT BLANK.

DAILY EXAMEN

Below is a Daily Examen card which offers an opportunity to talk together about the day's experiences and lessons. It helps us ask each other questions and remember to be thankful for the day. Have this Examen card with you when you're sitting at the table for a meal or at bedtime. Take a few minutes to pause and share about your day. Begin by saying the opening line and the prayer. Then use the questions as a guide to reflect on the day. You can ask each other one question or all the questions. Taking time to remember what you felt and learned during the day helps deepen our compassion.

Daily examen



At the Table

OPEN

God is good, **all the time!**
All the time, **God is good!**

PRAY

God of welcome,
You help us see your love and
acceptance. Help us love and accept
others in your name. **Amen.**

What **surprised** you today?
What **disappointed** you today?
When did you **share kindness** today?
When did you **not share kindness** today?
And what are you most **thankful** for today?

© 2020 Illustrated Ministry, LLC. All rights reserved. illustratedministry.com
May be reproduced for congregational and personal use only, provided each copy carries this notice.

40

THIS PAGE INTENTIONALLY LEFT BLANK.

SESSION TWO



TAKEAWAY: COMPASSION HELPS US BE BRAVE.

COMPASSION HELPS US BE BRAVE. To be brave is letting God help us see and reach out to our neighbor. When we reach out to our neighbor, we experience the miracle of God's power to restore and make our community whole. Through the gospel story of friends bringing their friend on a mat to Jesus, the children will witness how compassion often requires risk. Children will learn the ways compassion calls for focus - we keep our eyes on Jesus, even as others might misunderstand or judge our actions.

THIS PAGE INTENTIONALLY LEFT BLANK.

GATHERING & MUSIC

Read this guide together if you are not gathering online with your church.

Being compassionate is not always easy. Sometimes we have to take risks to ease someone's hurt or suffering. We can be brave to jump in, share, protect, and speak up for others.

Let's finish these sentences about how these people can be brave. How many ways can we think of that each person can be brave?

- Mia has extra food in her pantry. She can be brave and...
- Taylor is a lifeguard. When someone is struggling in the water, Taylor can be brave and...
- Jayden sees a friend picking on a younger child. Jayden can be brave and...
- Sam notices the teacher never calls Kai by the name they prefer. Sam can be brave and...
- Ms. Perez notices her students are restless and need a break. Ms. Perez can be brave and...
- Dr. Nguyen hears some people need medical care but cannot afford it. He can be brave and...

Today's song is about being brave. It doesn't mean you won't feel scared, too. It is okay to feel scared.

But God gives us compassion so we will feel brave enough to make choices that ease the hurt of others. And we can always ask a grown-up to help! We can be a team to show compassion.

SONG: BRAVE ENOUGH

C G Am F
We are brave enough to love

C G Am F
We are brave enough to show compassion

C G Am F G
We are brave enough to listen and tell the truth. **(2x)**

C G Am F
We can be brave

C G Am
We can be brave

F Am
Because we are filled with love

G
From the bottom of God's heart

IF
YOU'RE
USING COMPASSION
CAMP'S ORIGINAL MUSIC,
THIS WOULD BE A
GOOD TIME TO TEACH
SESSION TWO'S
SONG: BRAVE
ENOUGH.

C G Am F

We can be brave

C G Am F

We can be brave

Sometimes our compassion helps us make brave choices. And when we do, look out! God's power is able to restore our communities, our friendships, and ourselves. Next, we are going to hear a story about some heavy lifting, a massive hole, and some neighbors who took a risk to help a friend. We will see how one act of bravery changed a community.

As we prepare to learn more about brave compassion, let's begin with a compassion prayer.

Place one hand on your head and one hand on your heart. We are doing this because compassion happens in our brains, but we often feel it in our hearts.

Repeat after me,

*Dear Jesus,
Your compassion always looked like courage.
Strengthen our hearts with your bravery
as we risk, reach out, and lift up
our siblings near and far.
Help us keep our eyes on you.
Amen.*

BIBLE STORY: MARK 2:1-12 (FRIENDS BRING THEIR FRIEND ON A MAT TO JESUS)

Let's listen for the hidden and surprising moments of compassion. Remember having compassion means - I see your hurt, I feel your hurt with you, and I'll work to ease your hurt. We're going to read a story that involves some heavy lifting, a massive hole, and some neighbors who took a risk to help a friend who lost the ability to use their legs. Listen closely to the feelings in the story. Sometimes being compassionate means we need to be brave.

Important Background Information: *From a disability studies perspective, the healing stories in the gospels are concerned not only with the cure of their physiological conditions but with the restoration of persons to their communities. Jesus met the paralytic and forgave him his sins. Forgiving sins here means removing the stigma imposed on him by a culture in which disabilities were associated with sin or where someone was ostracized as sinful and unworthy of society's acceptance.*

One day Jesus visited someone's home. Everyone heard he was there. They were so excited to see him because they'd heard he healed and helped people be a part of their communities again. A friend who was paralyzed had his friends take him to see Jesus.

When the group got there, it was so crowded. There was no way to get to Jesus through all the people. They had an idea! They climbed up onto the roof of the house and made a hole in the roof above where Jesus was. Then they lowered their friend into the room. When Jesus saw their faith, he was encouraged. He told their friend: "I see you and love you. You are made whole for your community. Your sins are forgiven."

Some temple leaders called scribes were watching Jesus. When they heard him say this to the friend who was paralyzed they were angry. They thought to themselves: *Who does Jesus think he is? Only God can say these things!*

Jesus could tell the scribes disagreed with him, so he said to them: "I know what you're thinking right now. But what's easier? To say, "I see you and love you" or, "Get up and walk"? I'll show you that it's possible to do both!"

With compassion, Jesus turned to the friend who was paralyzed and said: "Get up, pick up your mat, and go home. You're healed now!"

He stood up, amazed. He picked up his mat and went home with his friends. Everyone was so happy they praised God because they had never seen anything like this before.



OPTIONAL WAYS TO TELL THE BIBLE STORY

OPTION ONE

Have four readers read through the script below.

OPTION TWO

Have one reader, and everyone else can act out the events of the story.

OPTION THREE

Have one reader narrate while everyone acts out the different emotions in the story (**in bold**).

Reader 1: One day Jesus visited someone's home. Everyone heard he was there. They were so **excited** to see him because they'd heard he healed and helped people be a part of their communities again. A friend who was paralyzed had his friends take him to see Jesus.

Reader 2: When the group got there, it was so crowded. There was no way to get to Jesus through all the people. They had an idea! They climbed up onto the roof of the house and made a hole in the roof above where Jesus was. Then they lowered their friend into the room. When Jesus saw their faith, he was **encouraged**. He told their friend: "I see you and love you. You are made whole for your community. Your sins are forgiven."

Reader 3: Some temple leaders called scribes were watching Jesus. When they heard him say this to the friend who was paralyzed they were **angry**. They thought to themselves: *Who does Jesus think he is? Only God can say these things!* Jesus could tell the scribes disagreed with him, so he said to them: "I know what you're thinking right now. But what's easier? To say, "I see you and love you" or, "Get up and walk"? I'll show you that it's possible to do both!"

Reader 4: With **compassion**, Jesus turned to the friend who was paralyzed and said: "Get up, pick up your mat, and go home. You're healed now!" He stood up, **amazed**. He picked up his mat and went home with his friends. Everyone was so **happy** they praised God because they had never seen anything like this before.

READ ALOUD

We might think we only need to be brave for big, scary things. We might think being brave is only for superheroes! But whether it's for a friend or stranger, a family member or a neighbor, or even for ourselves, compassion helps us be brave. Sometimes being brave means being like the friends by showing up for someone, helping carry their burdens, helping them get where they need to be, and standing with them. Sometimes being brave means being like the friend who was paralyzed by sharing your own story and asking for what you need. And sometimes, being brave means being like Jesus by fully seeing and accepting a person.

iMAGiNiNG & CoLoRiNG

As you color in this image, take some time for imagining, wondering, and discussing these questions.

ASK

What do you think it means to be brave? What does it feel like?
 Who was brave to you in this story?
 What do you think the friend who was paralyzed felt when he was healed?
 How do you think he felt when he was able to be in his community again?

iMAGiNE ToGETHER

Can you imagine what the friends feel for their friend who was paralyzed?

Or the friend who was paralyzed?

Or the owner of the house?

Or Jesus?

What do you imagine the crowd was feeling?

What do you imagine the disciples were feeling?



THIS PAGE INTENTIONALLY LEFT BLANK.

WALL ART

Once you're finished with the coloring page, cut it out. This coloring page will serve as your symbol for Session Two.

We hope you'll want to put it up in your house to remember, "Compassion helps us be brave."

Add this symbol to your wall hanging or garland.

COLORING

Take a look at your Compassion Camp poster. Find all the moments of compassion that show people being brave and color them in.

If you or your children need a little help, here are some scenes to look for:

- An invitation to come and play
- Someone giving someone a card
- Some kids sharing a ball at a park
- A group of people holding signs

**MODIFICATION:
PLAY "I SPY" WITH
YOUR YOUNGER
KIDS TO HELP
THEM FIND
THESE
MOMENTS.**

THIS PAGE INTENTIONALLY LEFT BLANK.

CREATE & PLAY

Depending on the ages and interests of your kids, create stories about you being brave and/or send a Kindness Hug through the mail to someone you know who is brave.

i AM BRAVE!

In our gathering today, we talked about different ways that people can be brave. In our story today, we heard about some brave people who helped a friend in need.

How might you be brave and compassionate in your community? Make up a story about your brave compassion. You can write your story down, write a play to perform, or draw your story like a comic strip!

- Maybe you stand up for a friend who is being bullied.
- Maybe you step back so someone smaller than you can have a turn.
- Maybe you go without something you want so someone else can get something they need.

Imagine a story where your compassion makes you brave like the people in the Bible story!

Remember: stories have a beginning, a middle, and an end. Something difficult happens, and then people find a way to overcome the difficulty. That's the most important part of making up a story. You can do it!

ACTIVITY FOR YOUNGER CHILDREN (PRESCHOOL)

Kindness Hug

Today, we heard a story about Jesus and some brave people who helped their friend. Have you ever felt brave? Maybe you stood up for a friend being teased or had to try something new, like learning to ride a bike. Being brave is choosing to do what you know is right, even if it might be uncomfortable or scary. Spreading kindness and showing compassion calls us to be brave. Think about someone you know who might need a spark of happiness in their lives because they are going through a hard time. Snail mail a hug to a neighbor, distant family member, or a friend from school.

Materials:

Paper
Scissors
Crayons/Markers/etc.
String
Tape
Envelope

Directions:

Trace your right hand on a piece of paper, then trace your left hand on a piece of paper.
Decorate your traced hands with coloring utensils.
Cut out each hand. Cut a piece of string/yarn as long as you want the "hug" to be.
Tape one end of the string/yarn to one hand cut-out. Repeat for the other.
Write a small card telling the recipient they are receiving a "Kindness Hug."

THIS PAGE INTENTIONALLY LEFT BLANK.

My COMPASSION helps me be
BRAVE...

THIS PAGE INTENTIONALLY LEFT BLANK.

MOVEMENT

*This is a breath/yoga sequence connecting our bodies with compassion's gift of bravery. Note: If children have levels of physical ability which make these positions difficult, focus on the breath portions and namaste. **Breath itself is a powerful way to connect with the body!***

Yoga began as a spiritual practice in ancient India, centering on bringing the mind, body, and spirit into oneness with the Divine. This meaningful practice has grown globally, with people of all faiths and belief systems finding nourishment in different variations - a powerful reminder of how we learn from one another. When we say, "Namaste," we connect with siblings across the world.

Breathing is the heart of yoga, and breath itself is a physical way to receive and release. As we reflect on the ways compassion makes us release, accept, and welcome, we will focus on breath alongside some basic yoga poses.



Sit on the floor, legs crossed. Take three deep, slow breaths together, with one person saying the following during inhales and exhales:

INHALE:	<i>I am...</i>	EXHALE:	<i>...brave.</i>
INHALE:	<i>I am...</i>	EXHALE:	<i>...brave.</i>
INHALE:	<i>I am...</i>	EXHALE:	<i>...brave.</i>



Slowly rise, stand in mountain pose (Tadasana), arms straight and strong by your side, feet firmly planted on the ground. One big breath in, one big breath out. One person can say:

"In mountain pose, we feel our strength. We are unshakeable."



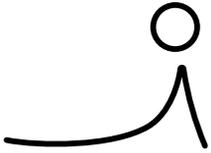
Reach your arms up to the sky, then back down as you bend into forward fold (Uttanasana), hands on the ground or resting on your shins (wherever is comfortable). Take a breath in and raise your hands to your knees, head looking forward. One person can say:

"We prepare and focus our eyes forward."

Take a breath, and put your hands back to the ground in forward fold.



From forward fold, jump both legs back (or step one leg, then the other) into plank pose (Phalakasana). Lower further to the ground.

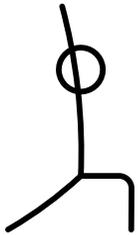


Straighten your arms and stretch your upper body, head toward the sky, into upward facing dog (Urdhva Mukha Svanasana). Hold this pose while breathing in and out a few times. One person can say:

“We face the sun and welcome with courage what this day holds for us.”



From upward facing dog, lower your upper body back to the ground, and push your hips and legs up into downward facing dog (Adho Mukha Svanasana). Raise your right leg up, then step it forward into a lunge, foot between your hands.

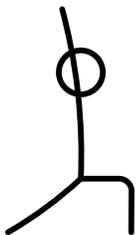


Raise your upper body, arms up to the sky, chest and face forward, into Warrior I (Virabhadrasana I). Take a few breaths, in and out. One person can say:

“In Warrior I, we feel focus, power, and stability. We are strong and brave.”



As you breathe out, lower your arms back to the floor, step your right foot back to meet the left, and move into downward facing dog. Repeat this same sequence on the left side. Raise your left leg up, then step it forward into a lunge, foot between your hands.



Raise your upper body, arms up to the sky, chest and face forward, into Warrior I on the other side. Take a few breaths, in and out. One person can say:

“In Warrior I, we feel focus, power, and stability. We are strong and brave.”



Lower your arms back to the floor, step your left foot back to meet the right, and move into downward facing dog.



From downward facing dog, jump both feet forward (or step one foot, then the other) to meet your hands. Slowly roll your back up until you are standing straight and tall in mountain pose.



Reach your arms up to the sky, then draw them into prayer form, right by your heart. End with a bow of your head and hands as you share the foundational yoga greeting - "Namaste" - a call to see one another the way God sees each of us. One interpretation of the phrase is, "The Light in me sees the Light in you."

THIS PAGE INTENTIONALLY LEFT BLANK.

COMPASSION IN ACTION

This Compassion in Action is all about providing encouragement to your community. Talk together about to whom they might want to write a letter of encouragement and why. What are they feeling? You can read stories of what people are experiencing right now from some news article links provided in the Appendix. Perhaps your family would like to choose some people you'd like to encourage by writing a letter or make thank you cards and little care packages for people who are helping your family.

Compassion in Action activities remind us how we can be with each other so that in everything we make, do, or say, we feel Emmanuel, or God-with-us. These small, simple, tangible acts express the deep, wide compassion of God.

SMALL
ACTS.
GREAT LOVE.
-MOTHER TERESA

WRITE A LETTER

This is compassion: "I see your hurt, I feel your hurt with you, and I help to ease your hurt." Let's write a letter of encouragement to someone in your community. You can write a letter and give it to someone at your local grocery store. Or you can send the letter in the mail to an older adult in your congregation, someone who is incarcerated, or medical workers at a hospital. Share some stories about many people's experiences right now during the pandemic:

- Grocery store workers are considered essential workers and are working especially hard to make sure people can safely shop for food for their families.
- Health care workers put their lives on the line each day to care for those who are sick and need medical assistance.
- People in prison feel even more trapped because they can't go anywhere to escape COVID-19.
- Older adults are more at-risk of getting sick, but in order to maintain their health, they have to be isolated from family and friends.
- Some of our elected officials are working to make our communities safe, but they still need encouragement to work on making things better for essential workers, the incarcerated, the elderly, and others.
- Who else can you write to?

Many of them are scared or lonely. We can be brave with them. We can show that we are with them. And, we can give them a loving word of encouragement so they feel God's presence.

Some examples of what you might write:

- I wonder if you're scared of getting sick. I'm praying for God to protect you.
- I wonder if you're feeling lonely. I'm praying for God to surround you with love.
- I wonder if you're tired. I'm praying for God to give you strength and energy.
- I wonder if you're anxious. I'm praying for God's peace for you.
- I wonder if you're worried about the future. I'm praying for God to give you hope.
- I wonder if you're sad. I'm praying for God's grace for you.

Included on the following page is a coloring page you can use for your letter. Or you can create your own.

ACTIVITY FOR YOUNGER CHILDREN (PRESCHOOL)

Making Homemade Thank You Cards and Care Packages

As we shelter in place to keep our families safe, there are people taking risks and demonstrating their bravery. Think about someone in your neighborhood who is helping your family. Maybe the people making deliveries to your home to bring you food and essentials? Let's create thank you cards and set up a care package on your porch to show you appreciate their bravery. This is a great opportunity to show compassion and spread kindness to your neighbor.

Materials:

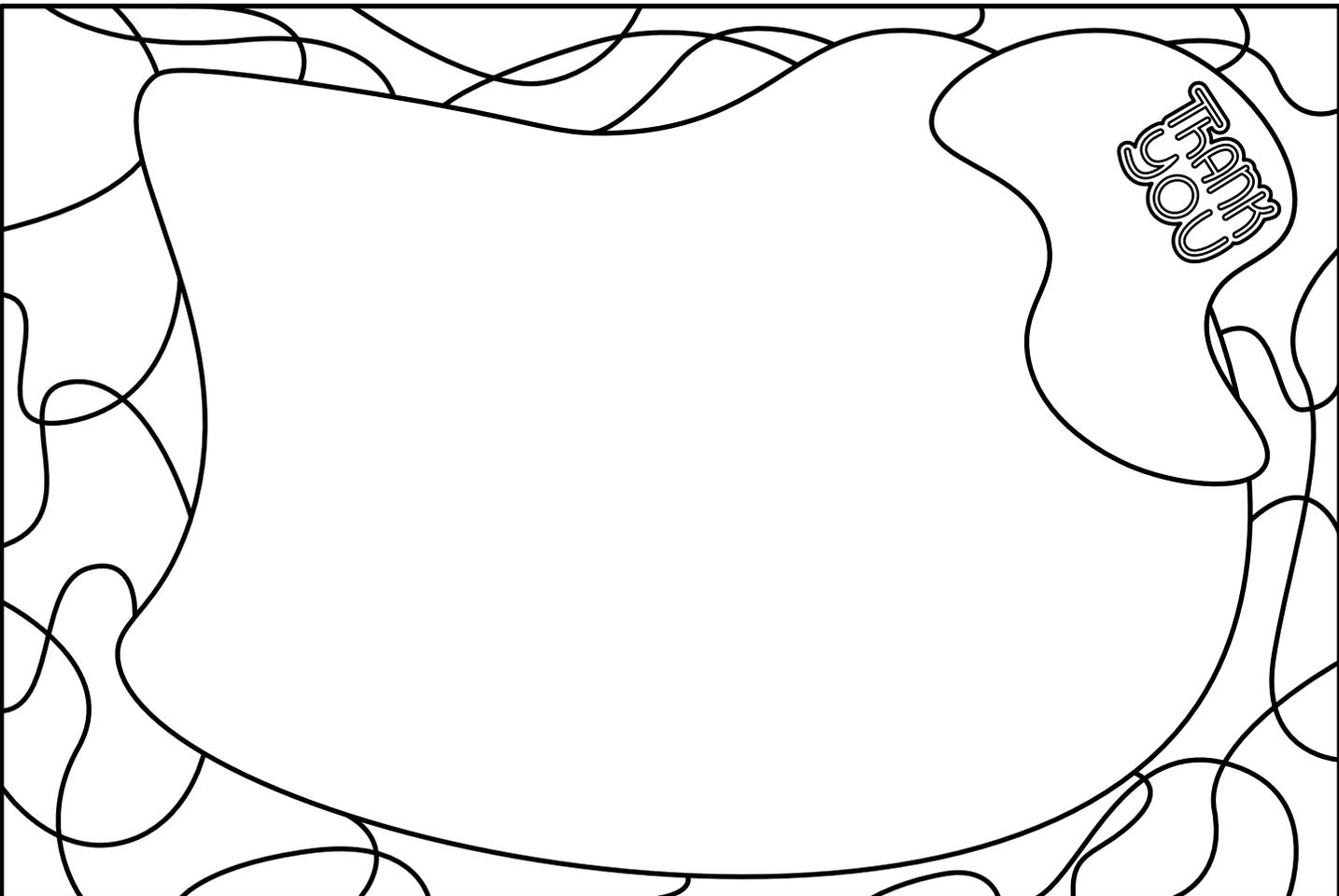
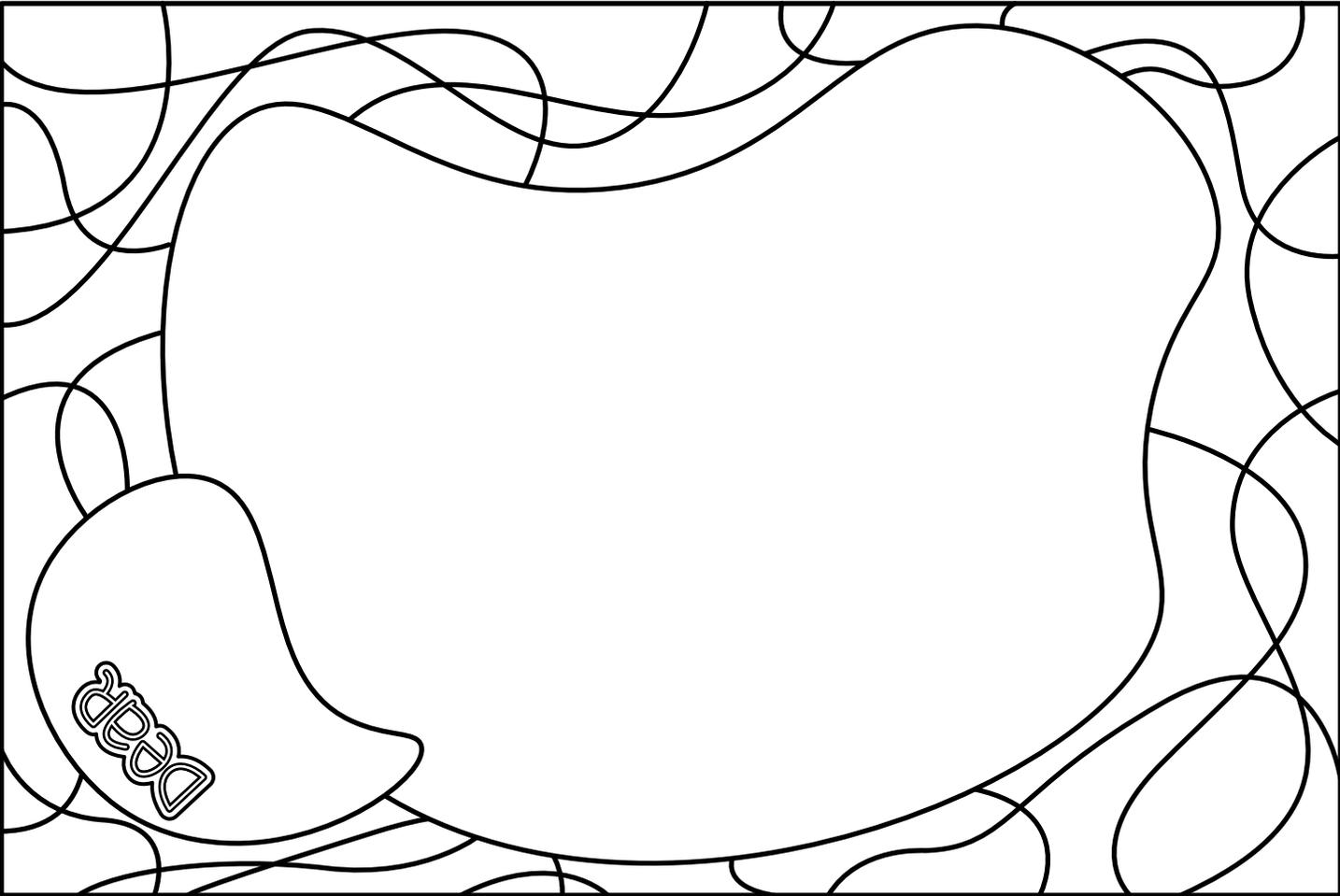
Snacks
Water Bottles
Paper
Crayons

Directions:

Make a small care package to say thank you to all your delivery people. Leave a basket with a card, snacks, and water on your porch for all the delivery people to help themselves to or a snack/something to drink.

Included on the following page is a coloring page you can use for your Thank You Card. Or you can create your own.

If you want to share what you've created, take a photo of your Compassion in Action and post it online with the hashtag #illustratedministry and tag us @illustratedmin!



THIS PAGE INTENTIONALLY LEFT BLANK.

SENDING & MUSIC

Last time, we learned how compassion begins with seeing and welcoming. This time we learned compassion helps us be brave. Being brave sometimes means we don't know what will happen when we show up.

The friend who was paralyzed didn't know if his friends would help him. He didn't know if he would get to see Jesus. The friends didn't know what would happen when they got to the house to see Jesus. Maybe they wouldn't get into the house. Maybe the religious leaders, or even Jesus, would see them and turn them away. Maybe the friend who was paralyzed wouldn't receive the healing miracle.

PONDER TOGETHER

- How were the friends brave?
- How was the friend who was paralyzed brave?
- Who else do you think was brave in the story?

Compassion helped each of them be brave. The friend who was paralyzed had courage that helped him trust his friends and ask Jesus for help. The friends' courage made them determined to do all they could to help him. Jesus's courage showed the friend who was paralyzed he was loved and accepted.

We can be brave because we are filled with God's love, and God always promises to be with us. Let's sing our song "Brave Enough" together.

SONG: BRAVE ENOUGH

C G Am F
 We are brave enough to love
C G Am F
 We are brave enough to show compassion
C G Am F G
 We are brave enough to listen and tell the truth. **(2x)**
C G Am F
 We can be brave
C G Am
 We can be brave
F Am
 Because we are filled with love
G
 From the bottom of God's heart
C G Am F
 We can be brave
C G Am F
 We can be brave

CLOSING

When we see people are sad, happy, lonely, scared, or hurt, we can feel it with them. That's our empathy. That's the first step. To act on our empathy, we follow Jesus's example of compassion. Sometimes it is helping someone do something hard. Sometimes it is being honest about who we are and what we need. Sometimes it is showing love and acceptance for the person in front of us.

These things can be hard. It's ok! We can trust God to give us the courage to be brave with our compassion.

Let's end with our compassion prayer. Place one hand on your head and one hand on your heart. We are doing this because compassion happens in our brains, but we often feel it in our hearts.

Choose a family member to lead the prayer.

Repeat after me,

*Dear Jesus,
Your compassion always looked like courage.
Strengthen our hearts with your bravery
as we risk, reach out, and lift up
our siblings near and far.
Help us keep our eyes on you.
Amen.*

On the following pages, take some time to color and reflect on the prayer, and use the Daily Examen card, which offers an opportunity to reflect on the day together.

DEAR
Dad

Your COMPASSION always

looked like
COURAGE

STRENGTHEN OUR HEARTS WITH
YOUR BRAVERY

AS WE RISK, REACH, & LIFT UP
OUR SIBLINGS NEAR AND FAR.

AND

HELP US KEEP OUR EYES

ON YOU

amen

THIS PAGE INTENTIONALLY LEFT BLANK.

DAILY EXAMEN

Below is a Daily Examen card which offers an opportunity to talk together about the day's experiences and lessons. It helps us ask each other questions and remember to be thankful for the day. Have this Examen card with you when you're sitting at the table for a meal or at bedtime. Take a few minutes to pause and share about your day. Begin by saying the opening line and the prayer. Then use the questions as a guide to reflect on the day. You can ask each other one question or all the questions. Taking time to remember what you felt and learned during the day helps deepen our compassion.



daily examen

to the NEIGHBOR

OPEN

God is good, **all the time!**
All the time, **God is good!**

PRAY

God of courage,
You help us be brave, to trust and follow
you. Make us instruments of your help
and healing. **Amen.**

What **surprised** you today?
What **disappointed** you today?
When did you **share kindness** today?
When did you **not share kindness** today?
And what are you most **thankful** for today?

THIS PAGE INTENTIONALLY LEFT BLANK.

SESSION THREE



TAKEAWAY: COMPASSION HELPS US LOVE OURSELVES.

COMPASSION HELPS US LOVE OURSELVES. It means showing gentleness and kindness to ourselves in heart, soul, mind, and strength. When we pay attention to and honor our own selves, we experience how God sees and loves us. Through Jesus' teaching of an ancient Hebrew commandment, the children will experience self-love as an essential form of compassion. Children will practice affirming themselves through word and body, seeing how doing so connects them to God's Spirit within.

THIS PAGE INTENTIONALLY LEFT BLANK.

GATHERING & MUSIC

Read this guide together if you are not gathering online with your church.

Have I told you lately how happy I am to see you each day? I care about you so much. And do you know what? I care about ME too. This morning I did several things to take care of myself because I love my body and I want to treat it well.

I ate a healthy breakfast, I took a shower, I got dressed, and I brushed my teeth this morning. Did you brush your teeth? Go find your toothbrush, toothpaste, and floss and bring it to the table. We are going to talk about how we take care of ourselves.

(Allow kids time to find their toothbrushes and take turns sharing)

Why do you brush your teeth? What happens if you brush your teeth and floss? What happens if you don't?

I take care of my teeth because I love my body, and I want to have healthy teeth and gums. What else do we do because we love ourselves?

If you want to show yourself care and love, what do you eat?

How do you exercise?

What kinds of music do you listen to?

What kinds of books do you read?

In church, we talk a lot about loving others, but we must begin with loving ourselves! When we care for our own needs, we are ready to care for others' needs too.

Today, our song reminds us that we can love others best when we remember that God loves us and that we love ourselves.

SONG: I HAVE LOVE TO SHARE

C **F**
I have love to share with the whole wide world

Am **G**
And I start with loving myself

C **F**
When I take good care of my heart and soul

Am **G**
I have love for everyone else

IF
YOU'RE USING
COMPASSION CAMP'S
ORIGINAL MUSIC, THIS
WOULD BE A GOOD TIME
TO TEACH SESSION
THREE'S SONG: I
HAVE LOVE TO
SHARE.

C F Am G

I love me so I can love you

C F Am G

God loves me so I can love you

As we look at the story today, we will hear about some of the most famous words of Jesus. Instead of giving people a long list of commands or rules to follow, Jesus gave only two. But to best follow these famous two commandments, we must begin with knowing how wonderful, loved, and important we are.

As we prepare to learn more about having compassion for ourselves, let's begin with a compassion prayer.

Place one hand on your head and one hand on your heart. We are doing this because compassion happens in our brains, but we often feel it in our hearts.

Repeat after me,

*Gentle One,
Thank you for your Spirit within us
who guides, encourages, and strengthens us.
Help us see ourselves through your eyes -
with love, kindness, and deep joy.
May we love our bodies, treasure our hearts,
and celebrate our spirits.
Amen.*

BIBLE STORY: MARK 12:28-31 / DEUTERONOMY 6 (THE GREATEST COMMANDMENTS)

We are pondering what it means to care for ourselves. Sometimes we are given the message that caring for ourselves is selfish. Or we worry that others might think we don't care enough for them. But it's so important to have love and compassion for ourselves that God even included it as one of the greatest rules to live by. Today's story highlights something simple, yet often forgotten: a commandment to love God, love our neighbors, and yes, love ourselves. As we listen to the story, think about what you feel when you hear Jesus say, "Love and care for others as yourself." Why is it important to care for yourself? What does it look like for you?"

Jesus and the disciples spent a lot of time in Jerusalem. One day, he was at the temple, a place where people gathered to worship God, and he was teaching and telling stories. A lot of people listened eagerly, but many had questions.

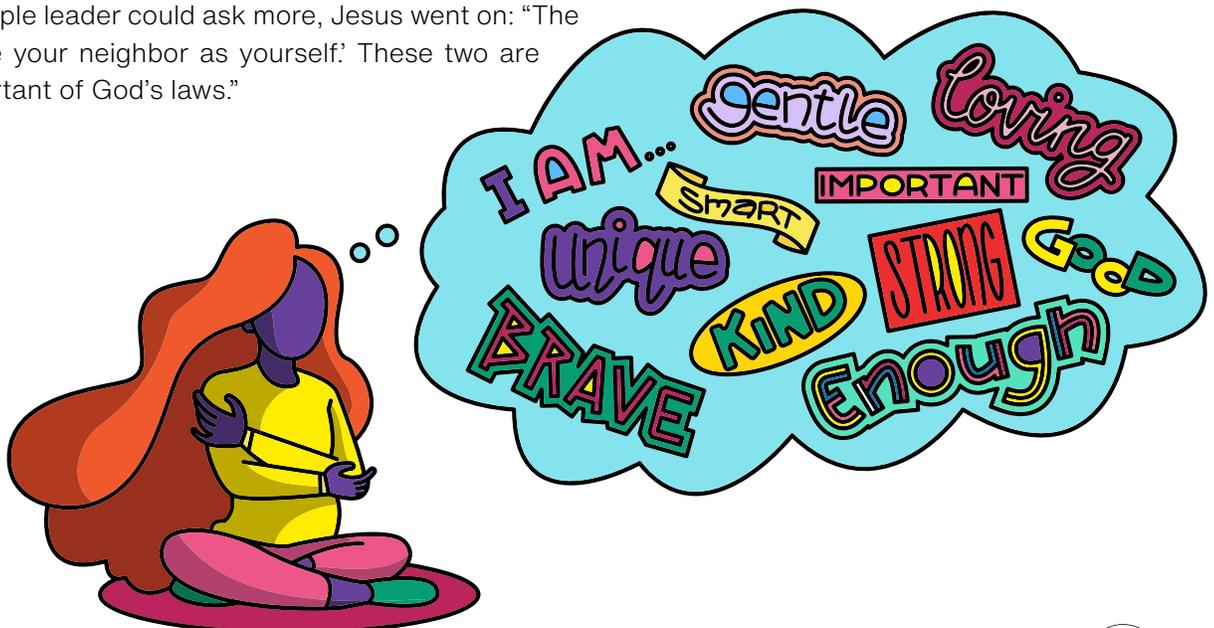
The temple leaders and elders were unsure of him and asked: "Who gave you the power to do and say these things?" Some were jealous and wanted to trick him, so they asked: "Should the people pay taxes?" Others were worried and asked him: "What happens in the resurrection and the afterlife?"

Then, one temple leader was curious about Jesus. He saw that Jesus was wise and kind.

He asked him: "Which one of God's laws (commandments) is the most important?"

Jesus answered: "The first is what we all know: 'Hear, O Israel: the Lord our God, the Lord is one; you shall love the Lord your God with all your heart, and with all your soul, and with all your mind, and with all your strength.'"

Before the temple leader could ask more, Jesus went on: "The second is 'love your neighbor as yourself.' These two are the most important of God's laws."



OPTIONAL WAYS TO TELL THE BIBLE STORY

OPTION ONE

Have five readers read through the script below.

OPTION TWO

Have one reader, and everyone else can act out the events of the story.

OPTION THREE

Pause after the second paragraph and think out loud together: What is the opposite of being unsure? Jealous? Worried? How do you think these feelings might keep us from loving ourselves, loving neighbors, and loving God?

- Reader 1:** Jesus and the disciples spent a lot of time in Jerusalem. One day, he was at the temple, teaching and telling stories. A lot of people listened eagerly, but many had questions.
- Reader 2:** The temple leaders and elders were **unsure** of him and asked: “Who gave you power to do and say these things?” Some were **jealous** and wanted to trick him, so they asked: “Should the people pay taxes?” Others were **worried** and asked him: “What happens in the resurrection and the afterlife?”
- Reader 3:** Then, one temple leader was curious about Jesus. He saw that Jesus was wise and kind. He asked him: “Which one of God’s laws (commandments) is the most important?”
- Reader 4:** Jesus answered: “The first is what we all know: ‘Hear, O Israel: the Lord our God, the Lord is one; you shall love the Lord your God with all your heart, and with all your soul, and with all your mind, and with all your strength.’”
- Reader 5:** Before the leader could ask more, Jesus went on: “The second is ‘love your neighbor as yourself.’ These two are the most important of God’s laws.”

READ ALOUD

The leaders who question Jesus are concerned with so much. They’re focused on things that aren’t related to loving God, loving neighbors, or loving ourselves. They don’t understand or trust Jesus – how he heals, teaches, loves, and how the people follow him. So they asked Jesus: “where did you go to become a teacher?” because they didn’t understand where he got his power and knowledge. They asked him about his political views hoping he would choose one side and make at least some people angry if he didn’t choose their side. They asked him about complicated things like the afterlife because they thought he wouldn’t be able to give a good answer, and then the people would become unsure of him, too, and stop following him.

iMAGiNiNG & CoLoRiNG

As you color in this image, take some time for imagining, wondering, and discussing these questions.

ASK

What does it mean to love ourselves?

Why is this important?

How does having love for ourselves help us love others? To love God?

What are some ways you can love yourself?

iMAGiNE ToGETHER

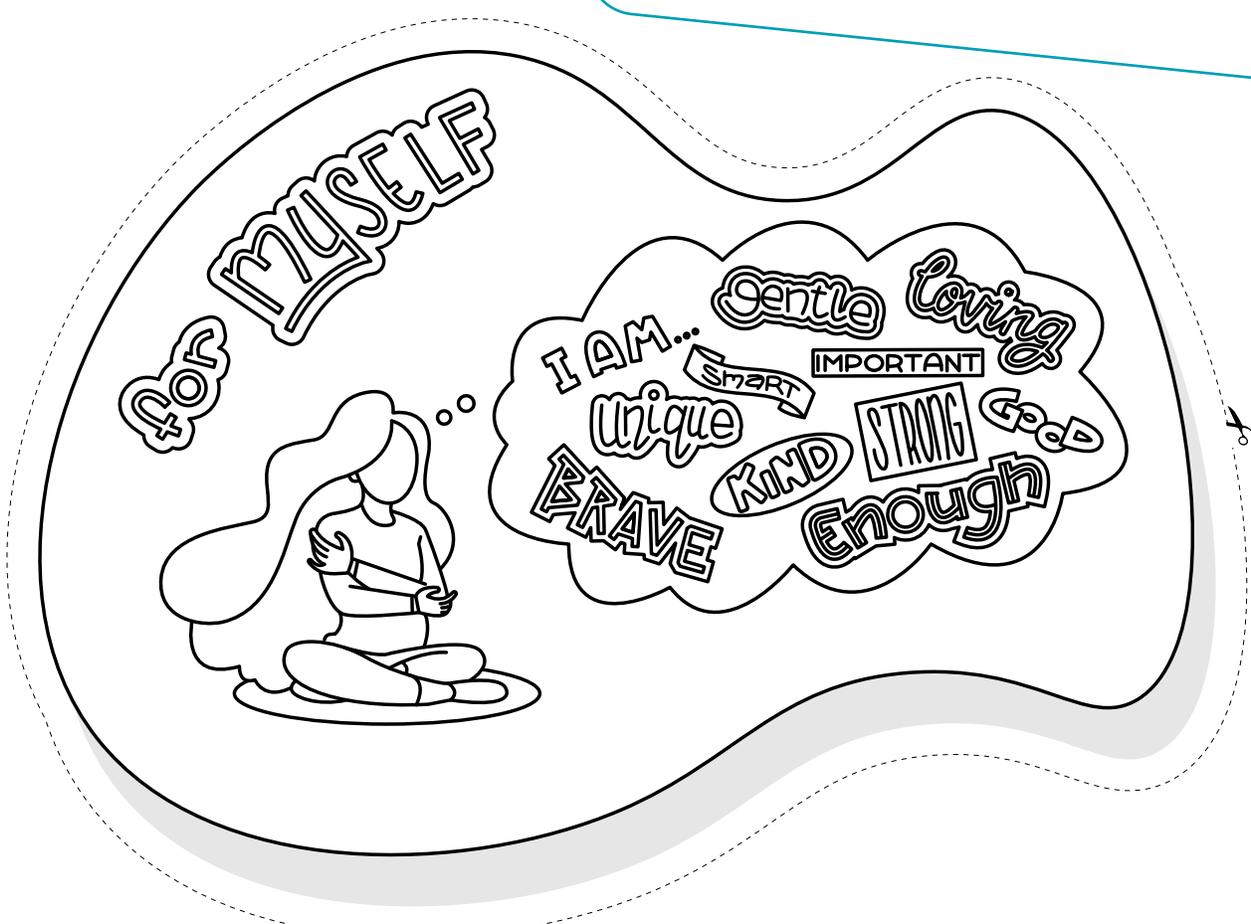
What would it be like to be in the crowd hearing these kinds of questions?

What would it be like to hear Jesus remind the people of God's most important rules to live by?

How do you imagine the disciples felt listening to religious leaders asking Jesus these questions?

Why do you imagine religious leaders were unsure of Jesus?

Imagine why this might have been surprising to hear.



THIS PAGE INTENTIONALLY LEFT BLANK.

WALL ART

Once you're finished with the coloring page, cut it out. This coloring page will serve as your symbol for Session Three.

We hope you'll want to put it up in your house to remember, "Compassion helps us love ourselves."

Add this symbol to your wall hanging or garland.

COLORING

Take a look at your Compassion Camp poster. Find all the moments of compassion that show people taking time to care for themselves and color them in.

If you or your children need a little help, here are some scenes to look for:

- Some people enjoying a yoga class
- A person enjoying drawing
- A kid enjoying playing alone in a treehouse

**MODIFICATION:
PLAY "I SPY" WITH
YOUR YOUNGER
KIDS TO HELP
THEM FIND
THESE
MOMENTS.**

THIS PAGE INTENTIONALLY LEFT BLANK.

CREATE & PLAY

Depending on the ages and interests of your kids, create inspirational messages for each other you can open and read.

INSPIRATIONAL PAPER CHAINS

Think about what makes you special. What makes you, you?

What are you good at or love to do? What is your favorite activity or hobby?

Having positive thoughts about yourself can make you feel good. Doing things we enjoy brings us happiness. Let's make some inspirational paper chains. Follow the directions below:

Directions for readers/writers:

- Cut paper into strips.
- Write on each piece a positive word to describe you, an accomplishment that made you feel good, or an activity that brings you joy.
- Give some strips to each person in your family. Ask them to write or draw something they love about you.
- Link the strips together to create a chain.
- Every day, open a link and start your day by reading something awesome about you!

Directions for children who are not yet reading/writing. Explain these steps aloud:

- Cut paper into strips.
- Give some strips to each person in your family. Ask them to write or draw something they love about you.
- Take a few strips for yourself and draw the things you love about yourself.
- Collect them and link the strips together to create a chain.
- Every day open a link with a grown-up and start your day by reading something awesome about you!

THIS PAGE INTENTIONALLY LEFT BLANK.

MOVEMENT

This is a breath/yoga sequence connecting our bodies with compassion's gift of self-love and acceptance. Note: If children have levels of physical ability which make these positions difficult, focus on the breath portions. Breath itself is a powerful way to connect with the body!

Yoga began as a spiritual practice in ancient India, centering on bringing the mind, body, and spirit into oneness with the Divine. This meaningful practice has grown globally, with people of all faiths and belief systems finding nourishment in different variations - a powerful reminder of how we learn from one another. When we say, "Namaste," we connect with siblings across the world.

Breathing is the heart of yoga, and breath itself is a physical way to receive and release. As we reflect on the ways compassion makes us release, accept, and welcome, we will focus on breath alongside some basic yoga poses.



Sit on the floor, legs crossed. Take three deep, slow breaths together, with one person saying the following during inhales and exhales:

INHALE:	<i>I listen to myself...</i>	EXHALE:	<i>...with kindness.</i>
INHALE:	<i>I listen to myself...</i>	EXHALE:	<i>...with kindness.</i>
INHALE:	<i>I listen to myself...</i>	EXHALE:	<i>...with kindness.</i>



Slowly rise, stand in mountain pose (Tadasana), arms straight and strong by your side, feet firmly planted on the ground. One big breath in, one big breath out. One person can say:

"In mountain pose, we feel our strength. We are unshakeable."



Reach your arms up to the sky, then back down as you bend into forward fold (Uttanasana), hands on the ground or resting on your shins (wherever is comfortable). Take a breath in and raise your hands to your knees, head looking forward. One person can say:

"We prepare and focus our eyes forward."

Take a breath, and put your hands back to the ground in forward fold.



From forward fold, roll your spine up slowly, raise your hands above you, and lower your hips into chair pose (Utkatasana). “Sit” as low as you can, taking deep breaths. One person can say:

“We strengthen and stretch when we trust ourselves.”

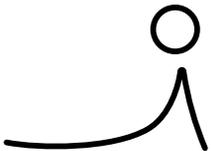


Take one more deep breath, lower your arms to your side and stand up tall in mountain pose. Repeat this sequence with chair pose one more time. This time, one person can say:

“The more we trust ourselves, the stronger we grow.”



From mountain pose, jump both legs back (or step one leg, then the other) into plank pose (Phalakasana). Lower further to the ground.



Straighten your arms and stretch your upper body, head toward the sky, into upward facing dog (Urdhva Mukha Svanasana). Hold this pose while breathing in and out a few times. One person can say:

“We face the sun and welcome what this day holds for us.”



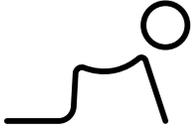
From upward facing dog, lower your upper body back to the ground, and push your hips and legs up into downward facing dog (Adho Mukha Svanasana).



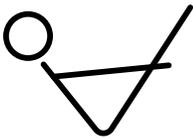
Take one big breath in, then exhale and lower your knees to table top pose (Bharmanasana).



From here, move into cat/cow pose. Breathe in, tuck your chin toward your chest, and arch your back. Breathe out, lift your head, and push your tailbone up. Repeat this three to four more times. One person can say:



“In cat/cow pose, we need times to draw inward and times to stretch outward. Everything we feel is welcome.”



After finishing cat/cow, sit back on your heels, then roll your legs/feet to be out in front of you. Slowly bring your knees up, then straighten your legs into boat pose (Navasana).

If you feel comfortable, take your hands off the ground and extend them in front of you, next to your legs, and hold. One person can say:

“Practicing balance is one way to be kind to ourselves.”

You can lower your legs for a brief break, then extend back into boat pose one or two more times.



Following boat pose, roll slowly back to fully lie down. Breathe in, bringing knees into the chest and gripping each foot - right hand holding the outside of the right foot, left hand holding the outside of the left foot, in happy baby pose (Ananda Balasana). Try gentle rocking, side to side, if you'd like. One person can say:

“I celebrate being God’s child and love myself.”

From happy baby, stretch your legs back up, roll to your side, and move into a seated, cross-legged position.



Reach your arms up to the sky, then draw them into prayer form, right by your heart.

End with a bow of your head and hands as you share the foundational yoga greeting - “Namaste” - a call to see one another the way God sees each of us. One interpretation of the phrase is, “The Light in me sees the Light in you.”

THIS PAGE INTENTIONALLY LEFT BLANK.

COMPASSION IN ACTION

Depending on the ages and interests of your kids, find something to make that brings each person in your family joy. Maybe you do each of these things together if that feels right for your family and/or your kids need help with their ideas. Or consider spending some time individually to make or create the things that give joy.

Compassion in Action activities remind us how we can be with each other so that in everything we make, do, or say, we feel Emmanuel, or God-with-us. These small, simple, tangible acts express the deep, wide compassion of God.

MAKE SOMETHING THAT BRINGS YOU JOY

Caring for ourselves involves listening to our hearts, paying attention to our needs, and loving our unique selves. This is how we have compassion for ourselves. One tangible way to do this is by pursuing joy! Make something for yourself that will bring a smile to your face, warm your heart, and make you feel loved. Some ideas:

- A batch of cookies
- A glitter jar
- Make slime
- Spend time drawing or painting something for your space at home
- Write yourself a letter
- Find a spot outside that you can make your own and spend time in
- Get a plant or flowers for your room
- Make a tie-dye t-shirt

What else brings you joy?

The amazing thing is that these are also wonderful things to share with others! Loving yourself well can lead to loving and caring for others in easy ways.

If you want to share what you've created, take a photo of your Compassion in Action and post it online with the hashtag #illustratedministry and tag us @illustratedmin!

SMALL
ACTS.
GREAT LOVE.
-MOTHER TERESA

PRO TIP: CHECK OUT
THE COMPASSION
CAMP PINTEREST
BOARD FOR EVEN
MORE INSPIRATION!

THIS PAGE INTENTIONALLY LEFT BLANK.

SENDING & MUSIC

So far, we've learned that being compassionate means trusting God to help us be brave to love others, and even ourselves and how compassion helps us see and welcome. Today (this week), we learned that compassion means showing gentleness and kindness to ourselves in heart, soul, mind, and strength.

We know God's commandment to love others. One way we understand how to love others is to pay attention to how we feel and what we need, too. The temple leaders were worried about important things like fairness and authority, but Jesus wanted to show them that one way to love God and love neighbor is by taking care of our bodies, minds, and souls.

PONDER TOGETHER

- What do you need?
- What does every human being need?
- How does knowing what you need help you love God and love others?

This is a beautiful part of compassion. When we love and care for ourselves we are being faithful to God. Let's sing our song "I Have Love to Share" together.

SONG: I HAVE LOVE TO SHARE

C **F**
I have love to share with the whole wide world

Am **G**
And I start with loving myself

C **F**
When I take good care of my heart and soul

Am **G**
I have love for everyone else

C F Am G
I love me so I can love you

C F Am G
God loves me so I can love you

CLOSING

Loving God and loving others also means loving ourselves. In the Bible story today, we heard how the people wanted to know how to follow and love God. The temple leaders wanted to teach and help them to follow and love God and their neighbors.

Sometimes we get bogged down by all the rules and expectations. Being a good teacher, Jesus gave the people an easy way to remember all these rules. Loving God and loving neighbor gives us everything we need to be in community.

But Jesus also gave us another little gift. Being kind and good to ourselves teaches us to love well. We learn how to love God and love others by paying attention to our needs.

Let's end with our compassion prayer. Place one hand on your head and one hand on your heart. We are doing this because compassion happens in our brains, but we often feel it in our hearts.

Choose a family member to lead the prayer.

Repeat after me,

*Gentle One,
Thank you for your Spirit within us
who guides, encourages, and strengthens us.
Help us see ourselves through your eyes -
with love, kindness, and deep joy.
May we love our bodies, treasure our hearts,
and celebrate our spirits.
Amen.*

On the following pages, take some time to color and reflect on the prayer, and use the Daily Examen card, which offers an opportunity to reflect on the day together.



THANK YOU
FOR YOUR
SPIRIT within US
WHO

GUIDES, ENCOURAGES, AND
STRENGTHENS US.

HELP US SEE
OURSELVES

THROUGH YOUR EYES -

with

Love, KINDNESS, AND DEEP JOY.

MAY WE

LOVE OUR BODIES
TREASURE OUR HEARTS
& Celebrate OUR SPIRITS

AMEN

THIS PAGE INTENTIONALLY LEFT BLANK.

DAILY EXAMEN

Below is a Daily Examen card which offers an opportunity to talk together about the day's experiences and lessons. It helps us ask each other questions and remember to be thankful for the day. Have this Examen card with you when you're sitting at the table for a meal or at bedtime. Take a few minutes to pause and share about your day. Begin by saying the opening line and the prayer. Then use the questions as a guide to reflect on the day. You can ask each other one question or all the questions. Taking time to remember what you felt and learned during the day helps deepen our compassion.



daily examen

FOR MYSELF

OPEN

God is good, **all the time!**
All the time, **God is good!**

PRAY

God of love,
You care for us and you are good to us.
Help us to know and love ourselves.
Amen.

What **surprised** you today?
What **disappointed** you today?
When did you **share kindness** today?
When did you **not share kindness** today?
And what are you most **thankful** for today?

THIS PAGE INTENTIONALLY LEFT BLANK.

SESSION FOUR



TAKEAWAY: COMPASSION HELPS US BE PRESENT WITH EACH OTHER.

COMPASSION HELPS US BE PRESENT WITH EACH OTHER. When we follow God's Spirit - which is always on the move - and are open to the people we encounter along the way, they can experience God's Spirit through our care. Through the testimony of Ruth, Orpah, and Naomi, children will witness how compassion involves deep trust, an open mind, and a soft heart. Children will learn that being present with each other asks us to let go of our expectations, be flexible, and trust the Spirit, as we seek to lead compassionate lives.

THIS PAGE INTENTIONALLY LEFT BLANK.

GATHERING & MUSIC

Read this guide together if you are not gathering online with your church.

We have spent a lot of time together because we are a family. It isn't always easy. Sometimes we get on each other's nerves, but it is good to be together. I have some questions for you and I want you to answer with the first thing that comes to mind.

- Who is always there for Minnie Mouse?
- Who is always there for Iron Man?
- Who is always there for Harry Potter?
- Who is always there for people in danger?
- Who is always there for people who are sick?
- Who is always there for children?
- Who is always there for you?

Now, that seemed pretty easy, but I'm wondering, what does always there even mean? What does it mean to be there for someone? Does it mean you're always by their side?

What does it mean to be there for the sick? For the poor? For your family? For yourself?

Another way of saying this is "being present with" someone. If I want to be present with a friend, I wait, listen, and ask them how I can support them best.

Today we are present with each other. Let's take a few seconds of silence to be with one another.

Whether we are together or apart, God is always with us. And we can be present with each other in many ways too! Today's song is about being present with God and each other, no matter what the situation.

SONG: FACE TO FACE

F Am G C

Face to face or far away

F Am G C

God is present among us

F Am G C

Listen to the Spirit (your neighbor/family/community) say

F G C

I am here with you **(2x)**

IF
YOU'RE
USING COMPASSION
CAMP'S ORIGINAL MUSIC,
THIS WOULD BE A
GOOD TIME TO TEACH
SESSION FOUR'S
SONG: FACE TO
FACE.

C **Am** **F** **G**
 As close as your breath, your beating heart

F **G** **C**
 I am here with you

C **Am** **F** **G**
 As far as you go, no matter the time

F **G** **C**
 I am here with you

In the story today, we will encounter three women who figured out how to be present with each other in their hurt. As we prepare to learn more about being present with each other, let's begin with a compassion prayer.

Place one hand on your head and one hand on your heart. We are doing this because compassion happens in our brains, but we often feel it in our hearts.

Repeat after me,

*Loving Spirit,
 You are active and alive, always moving and stirring within and around us!
 Please be an encouraging wind at our backs, giving us
 open minds and soft hearts to follow where you lead.
 Make us flexible and present in each moment that we might
 embrace compassion by letting go of what we expected.
 Amen.*

BIBLE STORY: RUTH 1 (RUTH AND ORPAH FOLLOW NAOMI)

Today's story feels hard and sad. Ruth and Orpah had a tough choice in front of them when they followed Naomi: they loved their families, and they loved one another. This story shows us what being open and present to people along the way can look like. When our compassion is strong we are alive to the feelings of others around you, open to feeling what they feel and how we can be with and support them in those feelings.

In Judah, there once was a man named Elimelech who worried about how his family would survive the famine. He took his wife, Naomi, and their two sons, Mahlon and Chilion, to the country of Moab. They settled there and made a life among the people. Soon, their sons married two women named Orpah and Ruth. Sadly, Naomi's husband passed away, and then, even her two sons died, too.

Naomi missed her family and wanted to go back home, so she began the long journey back to Judah. As was the custom for daughters by law, Orpah and Ruth followed her. But Naomi insisted they stay home in Moab: "Go back to your family. May the Lord deal kindly with you, as you have dealt with your husbands and me. Peace be with you."

Then Naomi hugged them goodbye as they all cried together.

But Orpah and Ruth were determined to follow her. Naomi tried to persuade them: "I do not want to ruin your chance at marriage and having your own family. If you stay with me, you will have nothing because I cannot give you anything. I have lost everything, and my heart is so bitter." They all cried together once again. Orpah decided to go back, but Ruth clung to Naomi even more.

Naomi said to Ruth: "Don't stay with me! Go back with Orpah." But Ruth opened up to her: "Don't make me leave you. Where you go, I will go; where you make your home I will make my home; Your people will be my people, your God my God, and where you die and are buried, I will be buried there, too. I will be your family."

When Naomi saw that she couldn't change Ruth's mind, her heart softened. She accepted Ruth, and they traveled back to Judah together. Ruth lovingly took care of Naomi, and she became like a daughter to her.



OPTIONAL WAYS TO TELL THE BIBLE STORY

OPTION ONE

Have five readers read through the script below.

OPTION TWO

Have one reader narrate while one person reads Naomi's words and one person reads Ruth's words.

OPTION THREE

Talk about the three feelings (**bolded**) in the story. What do they look like here in the story? What do they mean?

- Reader 1:** In Judah, there once was a man named Elimelech who worried about how his family would survive the famine. He took his wife, Naomi, and their two sons, Mahlon and Chilion, to the country of Moab. They settled there and made a life among the people there. Soon, their sons married two women named Orpah and Ruth. Sadly, Naomi's husband passed away, and then, even her two sons died, too.
- Reader 2:** Naomi **missed** her family and wanted to go back home, so she began the long journey back to Judah. As was the custom for daughters by law, Orpah and Ruth followed her. But Naomi insisted they stay home in Moab: "Go back to your family. May the Lord deal kindly with you, as you have dealt with your husbands and me. Peace be with you." Then Naomi hugged them goodbye as they all cried together.
- Reader 3:** But Orpah and Ruth were **determined** to follow her. Naomi tried to persuade them: "I do not want to ruin your chance at marriage and having your own family. If you stay with me, you will have nothing because I cannot give you anything. I have lost everything, and my heart is so bitter." They all cried together once again. Orpah decided to go back, but Ruth clung to Naomi even more.
- Reader 4:** Naomi said to Ruth: "Don't stay with me! Go back with Orpah." But Ruth opened up to her: "Don't make me leave you. Where you go, I will go; where you make your home I will make my home; Your people will be my people, your God my God, and where you die and are buried, I will be buried there, too. I will be your family."
- Reader 5:** When Naomi saw that she couldn't change Ruth's mind, her heart **softened**. She accepted Ruth, and they travelled back to Judah together. Ruth lovingly took care of Naomi, and she became like a daughter to her.

READ ALOUD

Sometimes it's hard to know what direction to take. But if we are present to the experiences of those around us, we can trust God's Spirit to show us the compassionate way. Naomi showed compassion to Ruth and Orpah by encouraging them to return to their families. Ruth showed compassion to Naomi by going with her. Orpah showed compassion by supporting Ruth's decision while making the choice that was best for her. All gave compassion in their own way, showing us there are many ways to follow the Spirit's leading to love and care.

iMAGiNiNG & CoLoRiNG

As you color in this image, take some time for imagining, wondering, and discussing these questions.

aSk

How does compassion (seeing, feeling, easing hurt) help us be present?
 What do you think it means to be with people in their hurt?
 How can you be with someone while they are hurting?
 How can you let someone be with you when you hurt?

iMAGiNE ToGETHER

What did Naomi feel when she lost her husband and sons?
 Why did Naomi want to go back to her family in Judah?
 How did Orpah feel when she went back to her family?
 What did Naomi feel when Ruth kept saying, "I'm going with you?"



THIS PAGE INTENTIONALLY LEFT BLANK.

WALL ART

Once you're finished with the coloring page, cut it out. This coloring page will serve as your symbol for Session Four.

We hope you'll want to put it up in your house to remember, **"Compassion helps us be present with each other."**

Add this symbol to your wall hanging or garland.

COLORING

Take a look at your Compassion Camp poster. Find all the moments of compassion that show people being present with each other and color them in.

If you or your children need a little help, here are some scenes to look for:

- Two women walking
- Two people sitting on a bench
- A couple of kids running and holding hands
- Someone giving a tissue to someone crying

**MODIFICATION:
PLAY "I SPY" WITH
YOUR YOUNGER
KIDS TO HELP
THEM FIND
THESE
MOMENTS.**

THIS PAGE INTENTIONALLY LEFT BLANK.

CREATE & PLAY

Depending on the ages and interests of your kids, practice presence by listening to a story and drawing what you remember or going on a family walk.

"WE CAN BE PRESENT" STORY

One of the ways we are present with one another is by listening carefully. I am going to read you something, and you are going to listen for details. If you are fully present with my story, I wonder how many details you can remember? We are going to show our excellent listening skills by drawing what we hear.

I had a long day today! I was eating breakfast this morning at the breakfast table when my dad came in and said that we would be leaving in fifteen minutes to run some errands. I did not want to go. I wanted to sit at the table, finish my cereal, and play with my pet lizard Vanessa. I felt frustrated.

But I got into the car with my dad, and we made our first stop at the grocery store to pick up some toilet paper, another box of my favorite cereal, and coffee for dad. I asked for an apple, and my dad said yes.

Then, we put our groceries in the car and headed to the post office. Sometimes the post office is fun because I get to pick out the stamps. But today there was a long line, and I didn't want to be there. My dad said it was very important. He held two boxes and an envelope while we waited in line. I felt compassion for him, so I offered to hold something. He gave me the smaller box and said, "Thank you!"

Then, we had to go to the dentist. My dad needed a cleaning, so I had to sit next to him and wait. I read a magazine about lizards and ate my apple. The dentist said that apples are good for your teeth.

Finally, my dad said, "Thank you for being present with me today! I have a question. Where would you like to go?"

I was excited. I knew exactly where I wanted to go. There is a park by my house that has an excellent climbing tree. Dad took me to the park so I could climb that tree and play for a while. He even climbed up with me! It was a long day, but I'm glad we spent it together. The End.

(Take some time to finish up your drawings)

I would love to see what you drew. What did you notice about my story? What was the most interesting part? Did you ever get tired of listening? Did it help you to draw out the details? If I tested your memory about my story, would you be able to answer my questions?

When we listen to each other carefully, we can remember details and make connections. I have one more question for you: in this story, who was being present: the dad, the child, or both? Why?

ACTIVITIES FOR YOUNGER CHILDREN (PRESCHOOL & FAMILIES)

Mindful Walk through your Neighborhood or Virtual Excursion

Compassion helps us be present with each other. When we are present, we slow down and pay close attention. Our senses - sight, smell, touch, taste, and hearing - help us know the world around us.

Option 1: Take a walk around your neighborhood

Before your walk, explain you will be using your senses to discover and explore what is around you. Decide the path you will take. Will you take your same usual path or try a different way? As you walk, guide children to be present and engage their senses. Together, talk about what you see, feel, hear, touch, or smell around you. Are the trees changing? Can you spot a butterfly? Is something under construction? Listen for sounds like birds chirping or a train nearby. Feel the weather outside. Is it hot, windy, or cold? Stop to smell flowers or fresh bread from your local bakery. Be sure to take pauses along the way to practice being present - sit or stand quietly and observe. Then talk about what you noticed.

Option 2: Take a virtual excursion

Decide if you would like to check out live webcams of animals at your favorite zoo/aquarium, visit a museum you have wanted to see or enjoy a pre-recorded live concert. After deciding where you all would like to go together virtually (or take turns going to different places), explain you will use some of your senses to discover and explore.

Ask what senses they will need for a virtual trip. During your visits, guide children to be present and engage their senses. What do you see and hear? You can even draw what you see. Listen for animal sounds or music. Be sure to take pauses along the way to practice being present - sit or stand quietly and observe. Then talk about what you noticed.

VIRTUAL EXCURSION IDEAS

[Explore.org](https://www.explore.org/)

[Monterey Bay Aquarium](https://www.montereybayaquarium.org/)

[Georgia Aquarium](https://www.georgiaaquarium.org/)

[MetKids @ Metropolitan Museum of Art](https://www.metmuseum.org/education/for-kids)

[Getty Museum](https://www.getty.edu/education/)

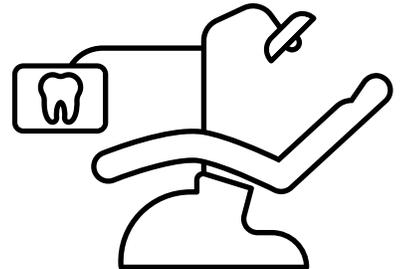
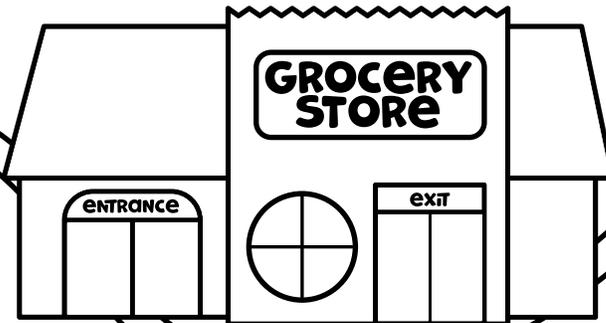
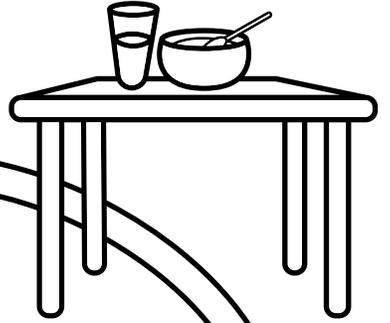
[Hidden Worlds of National Parks](https://www.nps.gov/learn/hidden-worlds/)

[Ride a Roller Coaster](https://www.rollercoasterdb.com/)

How did it feel to be together? What did you discover while on your walk/virtual excursion?

"WE CAN BE PRESENT" STORY

START



END

THIS PAGE INTENTIONALLY LEFT BLANK.

MOVEMENT

This is a breath/yoga sequence connecting our bodies with compassion's gift of presence and awareness. Being present to ourselves and our own bodies helps us be present to others. Note: If children have levels of physical ability which make these positions difficult, focus on the breath portions. Breath itself is a powerful way to connect with the body!

Yoga began as a spiritual practice in ancient India, centering on bringing the mind, body, and spirit into oneness with the Divine. This meaningful practice has grown globally, with people of all faiths and belief systems finding nourishment in different variations - a powerful reminder of how we learn from one another. When we say, "Namaste," we connect with siblings across the world.

Breathing is the heart of yoga, and breath itself is a physical way to receive and release. As we reflect on the ways compassion makes us release, accept, and welcome, we will focus on breath alongside some basic yoga poses.



Sit on the floor, legs crossed. Take three deep, slow breaths together, with one person saying the following during inhales and exhales:

INHALE: *With an open heart...*
EXHALE: *I am present to the Spirit within and around me.*

INHALE: *With an open heart...*
EXHALE: *I am present to the Spirit within and around me.*

INHALE: *With an open heart...*
EXHALE: *I am present to the Spirit within and around me.*



Slowly rise, stand in mountain pose (Tadasana), arms straight and strong by your side, feet firmly planted on the ground. One big breath in, one big breath out. One person can say:

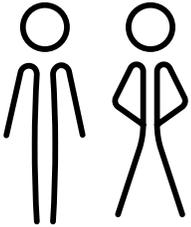
"In mountain pose, we feel our strength. We are unshakeable."



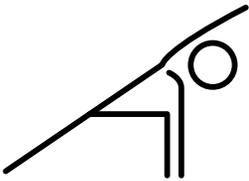
Reach your arms up to the sky, then back down as you bend into forward fold (Uttanasana), hands on the ground or resting on your shins (wherever is comfortable). Take a breath in and raise your hands to your knees, head looking forward. One person can say:

“We prepare and focus our eyes forward.”

Take a breath, and put your hands back to the ground in forward fold.



Roll your back up and rise to mountain pose. Turn to face sideways on your mat (if using). Step (or jump!) your feet apart into a V with hands on your hips. Turn your left toes slightly in, and point your right foot forward, toward the top of your mat.

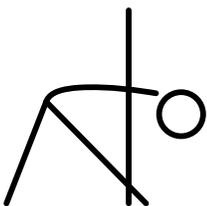


Deeply bend your right knee, place your right hand on the floor, and stretch your left arm up and over your ear in extended side angle pose (Utthita Parsvakonasana). Hold, breathe, and feel your side stretch and strengthen. One person can say:

“The Spirit stretches and opens us to new flexibility.”



With your right knee still bent, turn toward your foot, and move into a lunge with your hands on either side of your foot. Slowly straighten your right leg and bend your head toward your knee into a modified pyramid pose (Parsvottanasana), hands on the ground beside your feet.

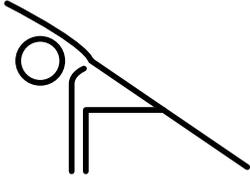


From Pyramid Pose, place your right hand on the ground and stretch your left arm to the sky in triangle pose (Utthita Trikonasana). One person can say:

“When we are open and flexible, we see the world in a new way.”

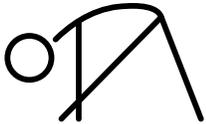
Lower your left arm and place your hands on either side of your right foot.

Raise your upper body, legs still in a V, and turn your left foot toward the back of the mat. Repeat this whole sequence on the left side.

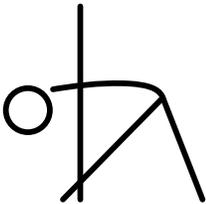


Deeply bend your left knee, place your left hand on the floor, and stretch your right arm up toward the sky in extended side angle pose. Hold, breathe, and feel your side stretch and strengthen. One person can say:

“The Spirit stretches and opens us to new flexibility.”



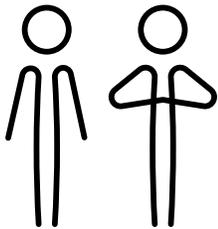
With your left knee still bent, turn toward your foot, and move into a lunge with your hands on either side of your foot. Slowly straighten your left leg and bend your head toward your knee into a modified pyramid pose.



From Pyramid Pose, place your left hand on the ground and stretch your right arm to the sky in triangle pose. One person can say:

“When we are open and flexible, we see the world in a new way.”

Lower your left arm and place your hands on either side of your right foot.



Raise your upper body, and step or hop the feet together to reach mountain pose. Reach your arms up to the sky, then draw them into prayer form, right by your heart. End with a bow of your head and hands as you share the foundational yoga greeting - “Namaste” - a call to see one another the way God sees each of us. One interpretation of the phrase is “The Light in me sees the Light in you.”

THIS PAGE INTENTIONALLY LEFT BLANK.



COMPASSION IN ACTION

Depending on the ages and interests of your kids, decide if you want to chalk your driveway/sidewalk or make signs to post in your yard or windows as encouragement for neighbors.

Compassion in Action activities remind us how we can be with each other so that in everything we make, do, or say, we feel Emmanuel, or God-with-us. These small, simple, tangible acts express the deep, wide compassion of God.

MAKE A SIGN

Since it is hard to be physically present with others because of physical distancing, we can be spiritually present with others by leaving signs of hope in our yard. The surprise of seeing a simple word or picture of hope can fill us with encouragement and help us keep going on our way.

Write and draw encouraging words, phrases, and/or images for your neighbors using sidewalk chalk on your driveway/sidewalk or make a poster to hang from your window or door.

What messages of hope and encouragement do you want to share?

Here are some quotes for inspiration:

- “We can do no great things, only small things with great love.” —Mother Teresa
- “No one has ever become poor by giving.” —Anne Frank
- “When the whole world is silent, even one voice becomes powerful.” —Malala Yousafzai
- “Just keep swimming.” —Dory

SMALL
ACTS.
GREAT LOVE.
-MOTHER TERESA

ACTIVITY FOR YOUNGER CHILDREN (PRESCHOOL)

For children who are not reading/writing yet, you can help them make signs with fun and encouraging symbols. Some examples of shapes and symbols you could use in your signs: hearts, stars, rainbows, peace signs, flowers, images of paths or roads through landscapes, hands, feet, smiles, etc.

If you want to share what you’ve created, we’d LOVE to see it! Take a photo of your Compassion in Action and post it online with the hashtag #illustratedministry and tag us @illustratedmin!

**PRO TIP: CHECK OUT
THE COMPASSION
CAMP PINTEREST
BOARD FOR EVEN
MORE INSPIRATION!**

THIS PAGE INTENTIONALLY LEFT BLANK.

SENDING & MUSIC

We've learned a lot about compassion. This is compassion: "I see your hurt, I feel your hurt with you, and I help to ease your hurt." Compassion helps us see and welcome each other and helps us be brave! We learned how important it is to love and care for ourselves.

Today (this week), we explored what it looks like to be present with each other through the story of Ruth, Orpah, and Naomi. When Naomi lost her husband and sons, and Ruth and Orpah lost their husbands, they each faced a difficult decision of staying or going and had to choose the best direction for them. But they showed compassion to one another. And each received compassion. Naomi showed compassion to Ruth and Orpah in giving them the option to return to their families. Ruth showed compassion by choosing to stay with Naomi when she'd lost her husband and two sons. Orpah showed compassion by returning to her family to help them. Compassion goes both ways. Each could make their hard decision because of the compassion they received.

PONDER TOGETHER

- What does it mean to "be there" for someone?
- How was Ruth there for Naomi? How were Ruth and Naomi there for Orpah? How do you think Orpah's family felt when she came home?
- How have you been present with a friend, your grown-up, or sibling before?

We can be present with each other because we are filled with God's love and God promises to be with us always. Let's sing our song "Face To Face" together.

SONG: FACE TO FACE

F Am G C
Face to face or far away

F Am G C
God is present among us

F Am G C
Listen to the Spirit (your neighbor/family/community) say

F G C
I am here with you (2x)

C **Am** **F** **G**
 As close as your breath, your beating heart

F **G** **C**
 I am here with you

C **Am** **F** **G**
 As far as you go, no matter the time

F **G** **C**
 I am here with you

CLOSING

Ruth, Orpah, and Naomi have shown us what we've learned so far about compassion: seeing one another, being brave, trusting, and listening to your heart. They show us what compassion looks like when we are present with people we encounter along the way.

When I am open and present with someone, I wait with them, listen carefully to them, and ask how I can support them best. When we show up for people like this, we give compassion. And when people show up for us like this, we receive compassion. These three women shared compassion in a hard situation and showed us how we can give and receive compassion too.

Let's end with our compassion prayer. Place one hand on your head and one hand on your heart. We are doing this because compassion happens in our brains, but we often feel it in our hearts.

Choose a family member to lead the prayer.

Repeat after me,

*Loving Spirit,
 You are active and alive, always moving and stirring within and around us!
 Please be an encouraging wind at our backs, giving us
 open minds and soft hearts to follow where you lead.
 Make us flexible and present in each moment that we might
 embrace compassion by letting go of what we expected.
 Amen.*

On the following pages, take some time to color and reflect on the prayer, and use the Daily Examen card, which offers an opportunity to reflect on the day together.

LOVING SPIRIT

You are

Active & Alive

ALWAYS MOVING AND STIRRING
WITHIN AND AROUND US

Please be an

ENCOURAGING WIND

AT OUR BACKS

GIVING US

OPEN MINDS

AND

SOFT HEARTS

TO FOLLOW
WHERE
YOU LEAD



flexible A PRESENT

IN EACH MOMENT

that we might

EMBRACE COMPASSION

by LETTING
GO
OF WHAT WE

EXPECTED.

amen

THIS PAGE INTENTIONALLY LEFT BLANK.

DAILY EXAMEN

Below is a Daily Examen card which offers an opportunity to talk together about the day's experiences and lessons. It helps us ask each other questions and remember to be thankful for the day. Have this Examen card with you when you're sitting at the table for a meal or at bedtime. Take a few minutes to pause and share about your day. Begin by saying the opening line and the prayer. Then use the questions as a guide to reflect on the day. You can ask each other one question or all the questions. Taking time to remember what you felt and learned during the day helps deepen our compassion.



daily examen

Along the Way

OPEN God is good, **all the time!**
All the time, **God is good!**

PRAY **God-With-Us,**
You lead us on life's path.
Move our hearts so we can be there for
others along the way. **Amen.**

What **surprised** you today?
What **disappointed** you today?
When did you **share kindness** today?
When did you **not share kindness** today?
And what are you most **thankful** for today?

THIS PAGE INTENTIONALLY LEFT BLANK.

SESSION FIVE



TAKEAWAY: COMPASSION GIVES US A FRESH START.

COMPASSION GIVES US A FRESH START. By creating fresh starts, we work with God to care for all and participate in the holy work of renewal so all may joyfully gather at the table together, receiving God's abundance. Through hearing God's instruction in Leviticus 25, the children will learn the meaning and history of "Jubilee." Children will see how rest/sabbath, fresh starts, and taking care of one another are all important forms of compassion and justice.

THIS PAGE INTENTIONALLY LEFT BLANK.

GATHERING & MUSIC

Read this guide together if you are not gathering online with your church.

I am feeling overwhelmed with joy that we have spent this wonderful time together. Just overwhelmed.

I am overwhelmed with a good feeling, but sometimes, I feel overwhelmed with less comfortable feelings.

(Share a child-friendly story in which you felt overwhelmed as a parent.)

When have you felt overwhelmed?

When a job feels too big, I can feel overwhelmed. When I have made too many mistakes in a row, I can feel overwhelmed.

And when I feel that way, I want to START OVER. I want a fresh start. I want the chance to try again and make everything right. Have you ever had the opportunity to start over on a project that was overwhelming? Have you ever wanted to take a break and rest before trying again? When have you wanted a fresh start?

Fresh starts feel good. When we have a fresh start, we feel hopeful about the next step. Imagine how great it feels when you clean up your room. You can see all your things where they belong, and you can play on an empty floor. An empty floor can feel peaceful.

Sometimes, I feel overwhelmed when something is not fair or just. Injustice can be overwhelming. Imagine a rule in your classroom that favored some of your friends but didn't help you succeed. How would you feel if your teacher changed the rule so you all could succeed in your own ways? Would you feel relieved?

When people do not have what they need or are treated badly, I feel frustration and sadness. In those times, I pray for justice. I pray for things to be made right.

I have a song to teach you today called "Compassion Prayer." I like this song because it helps us pray for others and ourselves. We all need compassion!

SONG: COMPASSION PRAYER

C **Am** **F** **G**
May we be filled with compassion

C **Am** **F** **G**
May we be filled up to the top of our hearts

C **Am** **F** **G**
When we have the power to make something right

F **G** **C**
May we show God's love.

IF
YOU'RE USING
COMPASSION CAMP'S
ORIGINAL MUSIC, THIS
WOULD BE A GOOD TIME
TO TEACH SESSION
FIVE'S SONG:
COMPASSION
PRAYER.

C Am F G

May we be shown compassion

C Am F G

May we be found in the center of peace

C Am F G

When we have needs that others can meet

F G C

May we find God's love.

In today's story we learn God loves fresh starts. God loves giving people new chances to try again or to rest. In fact, when God shared the laws with Moses, God included something very special so everyone would have a fresh start every once in a while.

As we prepare to learn more about fresh starts, let's begin with a compassion prayer.

Place one hand on your head and one hand on your heart. We are doing this because compassion happens in our brains, but we often feel it in our hearts.

Repeat after me,

Joyful Spirit,

Your loving hands are always creating freedom, release, and fresh starts!

*Help us do the same today by caring for all living things
with gentleness and care.*

Open us to humbly receive that same care ourselves.

*Make our hearts smile and our actions sing
with your promise of abundance toward the whole world.*

Amen.

BIBLE STORY: LEVITICUS 25 (GOD'S JUBILEE)

After the the people of Isreal were freed from slavery in Egypt they traveled for many years to the land that God promised them. The journey of God's people in the wilderness is the backdrop for today's story. Today we're going to learn about an important and wonderful tradition for God's people. It's called "Jubilee." It is a way of starting over. When we are given a fresh start, we see, feel, and trust how God's abundance is meant for all people and creation. As you listen to the story today, think about what it's like to have a fresh start.

The people of Israel journeyed through the vast wilderness for many years. Finally, they arrived at Mt. Sinai where they rested. God gave instructions to their leader, Moses, for their life together in this new land. These were the things God said:

In this land, we will practice sabbath together. This will happen not only on the seventh day but on the seventh year. For six years, we will do our regular work and plant seeds, we'll grow, prune and harvest fruits. But, in the seventh year, we'll let the land rest. Even the land needs peace and quiet. Everyone will be able to harvest and eat whatever the land gives us in that seventh year.

In the fiftieth year, we will celebrate Jubilee together. This will be like the sabbath every seven years, where we'll let the land rest. It will be a fresh start for the whole community: the land and the people, and everyone will go to their own homes and be together in joy. It is a holy time, and we will be fed and nourished by whatever the land gives us.

In this time we will respond with justice by giving fresh starts. This means that we will be fair and honest to one another. We will take care of those who are sick, alone, old, or need help. We will welcome people who are from different countries, and they will be like family. We will work for people's freedom. We will all work together to help everyone rest and rejoice in God's abundance. I will bless the land during this year so you do not have to work the land. I promise we will all be fed and nourished by the land's gifts.



OPTIONAL WAYS TO TELL THE BIBLE STORY

OPTION ONE

Have one reader read through the script below.

OPTION TWO

Have four readers. After each reader, pause and imagine together what this looks and feels like.

OPTION THREE

For each section **in bold**, create a scene that shows what that aspect of God's instruction looks like today. Freeze in those poses, take a picture, and share!

Reader 1: The people of Israel journeyed through the vast wilderness for many years. Finally, they arrived at Mt. Sinai where they rested. God gave instructions to their leader, Moses, for their life together in this new land. These were the things God said:

Reader 2: In this land, we will **practice sabbath together**. This will happen not only on the seventh day but on the seventh year. For six years, we will do our regular work and plant seeds, we'll grow, prune and harvest fruits. But, in the seventh year, we'll let the land rest. Even the land needs peace and quiet. Everyone will be able to harvest and eat whatever the land gives us in that seventh year.

Reader 3: In the fiftieth year, we will **celebrate Jubilee together**. This will be like the sabbath every seven years, where we'll let the land rest. It will be a fresh start for the whole community: the land and the people, and everyone will go to their own homes and be together in joy. It is a holy time, and we will be fed and nourished by whatever the land gives us.

Reader 4: In this time we will **respond with justice** by giving fresh starts. This means that we will be fair and honest to one another. We will take care of those who are sick, alone, old, or need help. We will welcome people who are from different countries, and they will be like family. We will work for people's freedom. We will all work together to help everyone rest and rejoice in God's abundance. I will bless the land during this year so you do not have to work the land. I promise we will all be fed and nourished by the land's gifts.

READ ALOUD

What do you imagine when you hear the word justice? Do you imagine courthouses or police officers? Do you imagine what happens when someone hurts you and they are punished for it? Do you imagine it's like equal treatment: everyone gets the same amount of food or treats? Often, God's ideas are very different from ours. God's idea of justice looks more like all the ways we've talked about compassion. Seeing and welcoming. Being brave and honest. Loving ourselves. Being present with each other. It means we see God's abundance. What does abundance mean? It means there's enough for everyone. We can welcome all to the table. We can be brave and trust each other. We can be honest with our hearts. We can give and receive care. And, we can do the work with God to care for all of creation.

iMAGiNiNG & CoLoRiNG

As you color in this image, take some time for imagining, wondering, and discussing these questions.

ASK

What were some of the things God wanted the Israelites to do? Why?

What does it feel like to rest?

Why do you think it's important to have a fresh start?

Why do you think it's important for the land to rest?

iMAGiNE ToGether

How do you imagine the people of Israel felt about this command?

How do you think the land felt about this command?

How do you imagine the sick, lonely, or old felt about this command? What about people from different countries?



THIS PAGE INTENTIONALLY LEFT BLANK.

WALL ART

Once you're finished with the coloring page, cut it out. This coloring page will serve as your symbol for Session Five.

We hope you'll want to put it up in your house to remember, "Compassion gives us fresh starts."

Add this symbol to your wall hanging or garland.

COLORING

Take a look at your Compassion Camp poster. Find all the moments of compassion that show fresh starts and caring for each other and color them in.

If you or your children need a little help, here are some scenes to look for:

- Two people painting a globe mural
- Some people picking up trash on a beach
- A for-profit prison building boarded up with a CLOSED sign on it
- A rainbow

**MODIFICATION:
PLAY "I SPY" WITH
YOUR YOUNGER
KIDS TO HELP
THEM FIND
THESE
MOMENTS.**

THIS PAGE INTENTIONALLY LEFT BLANK.

CREATE & PLAY

Depending on the ages and interests, create a puzzle of Jubilee or learn a practice that helps us slow down and give our minds a rest.

JUBILEE PUZZLE

The year of Jubilee helped the people of Israel rest, make things right, and prepare for the future. Using the puzzle template on the following page, draw and color a picture of what it looks like when things are given fresh starts and made right. You might imagine people who have everything they need, a healthy environment, and children who are safe. What does a healthy world look like to you?

When you cut it apart to create a puzzle, think about how we make our world less restful or less just. Now put your puzzle together and think about the ways compassion inspires us to make things right again!

What does it feel like to draw a joyful, restful, and just scene? What does it feel like to cut it apart? And how do you feel when you put it back together?

ACTIVITY FOR YOUNGER CHILDREN (PRESCHOOL)

Rhythmic Hand Meditation

In our story today, we learned about the importance of rest. Rest is important for our mind, body, and soul. When we rest and take a break, we can come back fresh.

Let's learn a short meditation you can do to help get your bodies ready for rest. We will use our hands for this rhythmic exercise. Hold out one hand, fingers spread wide apart. With your other hand, use your pointer finger to trace the outsides of your fingers, starting with your thumb, all the way to your pinky finger. Focus on your breathing, inhale as you trace up one side of a finger, and exhale when you trace down the other side of a finger. Repeat the tracing motion on that hand. Switch hands and trace, pause, and repeat.

Take a few moments to talk about the activity:

- How do you feel after tracing your fingers like this?
- How do you feel when you have had a nice nap or had some quiet time to play?
- Have you ever felt different before a nap and after a nap? How so?

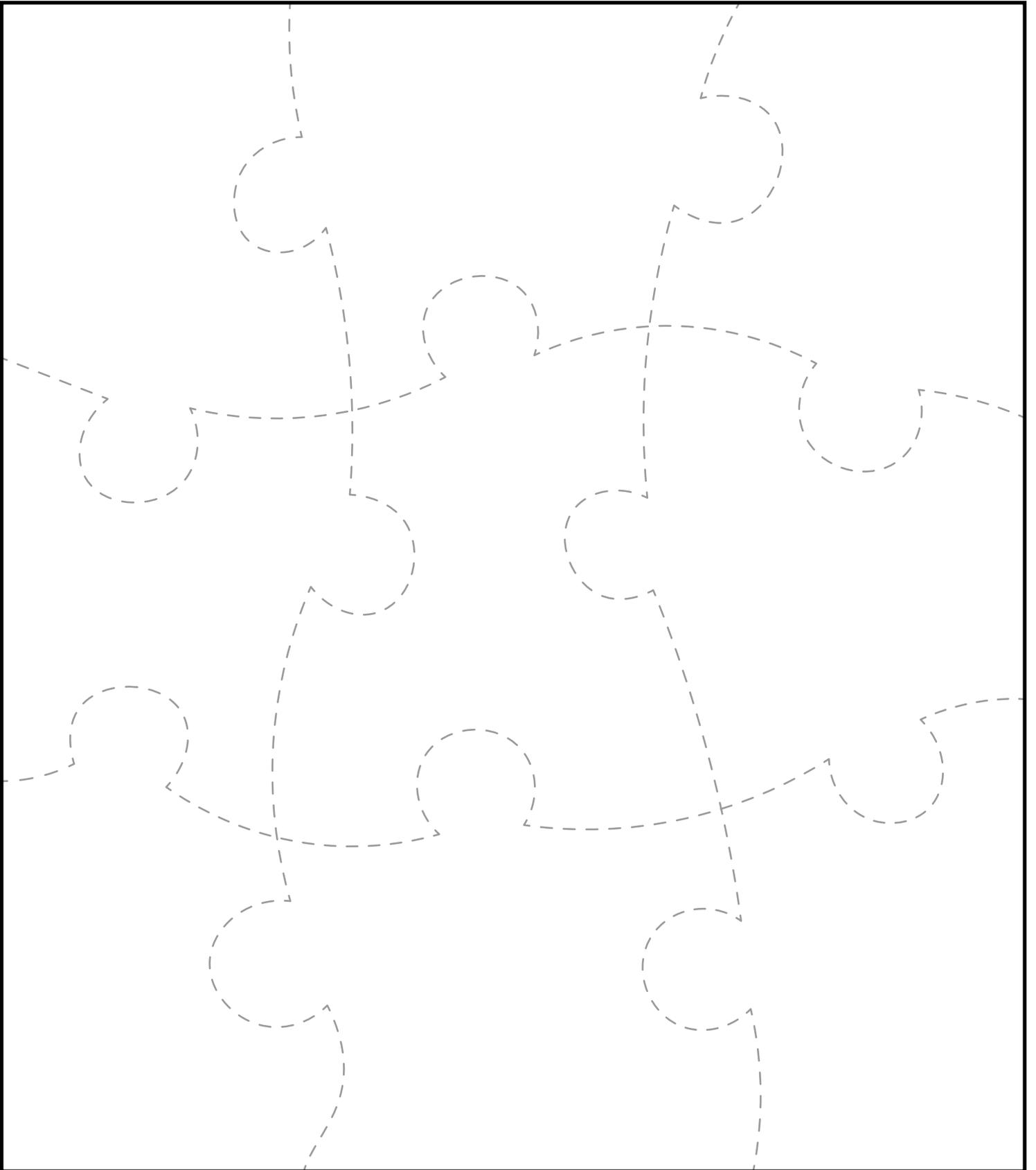
This exercise can be helpful if you ever need to take a break or need a fresh start. Try this before a nap or bedtime. After your rest, notice how you feel fresh with new energy to do the things you enjoy with your family.

THIS PAGE INTENTIONALLY LEFT BLANK.

JUBILEE



PUZZLE



THIS PAGE INTENTIONALLY LEFT BLANK.

MOVEMENT

This is a breath/yoga sequence connecting our bodies with compassion's gift of fresh starts. Being present to ourselves and our own bodies helps us be present to others. Note: If children have levels of physical ability which make these positions difficult, focus on the breath portions. Breath itself is a powerful way to connect with the body!

Yoga began as a spiritual practice in ancient India, centering on bringing the mind, body, and spirit into oneness with the Divine. This meaningful practice has grown globally, with people of all faiths and belief systems finding nourishment in different variations - a powerful reminder of how we learn from one another. When we say, "Namaste," we connect with siblings across the world.

Breathing is the heart of yoga, and breath itself is a physical way to receive and release. As we reflect on the ways compassion makes us release, accept, and welcome, we will focus on breath alongside some basic yoga poses.



Sit on the floor, legs crossed. Take three deep, slow breaths together, with one person saying the following during inhales and exhales:

INHALE: *I am a part...*
EXHALE: *of God's balance and fresh starts.*

INHALE: *I am a part...*
EXHALE: *of God's balance and fresh starts.*

INHALE: *I am a part...*
EXHALE: *of God's balance and fresh starts.*



Slowly rise, stand in mountain pose (Tadasana), arms straight and strong by your side, feet firmly planted on the ground. One big breath in, one big breath out. One person can say:

"In mountain pose, we feel our strength. We are unshakeable."



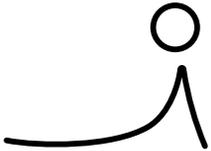
Reach your arms up to the sky, then back down as you bend into forward fold (Uttanasana), hands on the ground or resting on your shins (wherever is comfortable). Take a breath in and raise your hands to your knees, head looking forward. One person can say:

“We prepare and focus our eyes forward.”

Take a breath, and put your hands back to the ground in forward fold.



From forward fold, jump both legs back (or step one leg, then the other) into plank pose (Phalakasana). Lower further to the ground.

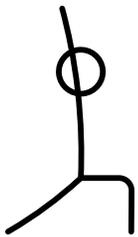


Straighten your arms and stretch your upper body, head toward the sky, into upward facing dog (Urdhva Mukha Svanasana). Hold this pose while breathing in and out a few times. One person can say:

“We face the sun and welcome with courage what this day holds for us.”



From upward facing dog, lower your upper body back to the ground, and push your hips and legs up into downward facing dog (Adho Mukha Svanasana). Raise your right leg up, then step it forward into a lunge, foot between your hands.



Raise your upper body, arms up to the sky, chest and face forward, into Warrior I (Virabhadrasana I).



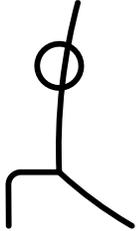
Square your shoulders to the left and extend your arms out wide, parallel to the ground, palms facing down, in Warrior II (Virabhadrasana II). Take a few breaths, eyes looking over your right hand. One person can say:

“In Warrior II, we open our arms to make room for everyone and everything. We stretch to see what’s beyond us.”

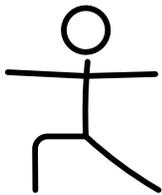
Take a big breath in. As you breathe out, circle your arms down to the floor, one on either side of your right foot, and step your right foot back to meet the left.



Move into downward facing dog. Repeat this same sequence on the left side.



Raise your left leg up, then step it forward into a lunge, foot between your hands. Raise your upper body, arms up to the sky, chest and face forward, into Warrior I on the other side.



Square your shoulders to the right and extend your arms out wide, parallel to the ground, palms facing down, in Warrior II. Take a few breaths, eyes looking over your left hand. One person can say:

“In Warrior II, we open our arms to make room for everyone and everything. We stretch to see what’s beyond us.”

Take a big breath in. As you breathe out, circle your arms down to the floor, one on either side of your left foot. Step your left foot back to meet the right.



Move into downward facing dog.



From downward facing dog, jump both feet forward (or step one foot, then the other) to meet your hands. Slowly roll your back up until you are standing straight and tall in mountain pose.



Standing in mountain pose, shift your weight to your left foot and bring your right foot to the inner side of your left leg (ankle, calf, or inner thigh - whatever feels comfortable), toes pointing to the ground. Let yourself lengthen and feel your spine stretch upward. Press your right foot into your left leg, and bring your hands into prayer form by your heart.



Focus your eyes on a still point, and balance now in tree pose (Vrikshasana). Try and hold for three big breaths. One person can say:

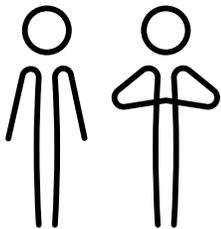
“Tree pose teaches us to be patient, steady, and balanced. A tree lives in rhythm with the world and its cycles. It nourishes all living things.”



Lower your right foot to the ground, then repeat on the other side. Shift your weight to your right foot, and bring your left foot to the inner side of your right leg (ankle, calf, or inner thigh - whatever feels comfortable), toes pointing to the ground. Press your left foot into your right leg, and bring your hands into prayer form by your heart.

Focus your eyes on a still point, and balance now in tree pose. Try and hold for three big breaths. One person can say:

“Tree pose teaches us to be patient, steady, and balanced. A tree lives in rhythm with the world and its cycles. It nourishes all living things.”



Lower your left foot to the ground and stand in mountain pose. Reach your arms up to the sky, then draw them into prayer form, right by your heart. End with a bow of your head and hands as you share the foundational yoga greeting - “Namaste” - a call to see one another the way God sees each of us. One interpretation of the phrase is “The Light in me sees the Light in you.”

COMPASSION IN ACTION

Depending on the ages and interests of your children, explore some of the options below to help connect your family with what the land provides, including watching a plant sprout for your youngest kids.

Compassion in Action activities remind us how we can be with each other so that in everything we make, do, or say, we feel Emmanuel, or God-with-us. These small, simple, tangible acts express the deep, wide compassion of God.

SEEDS OF CHANGE

There are so many ways to understand and show compassion. We begin by seeing and welcoming. We need to be brave and trust God. It also means caring for and loving ourselves so we can trust our voices. All this helps us be present with each other along the way as we follow God's lead. When we cultivate all these seeds of compassion, we become open to seeing the wideness and goodness of all God's creation. We show compassion to the earth as a way of rejoicing in God's abundance. There is enough.

Our Compassion in Action will help us connect to the provision of the land. Below are some ideas to get you started:

- Plant some seeds or plants native to your area and watch them grow!
- Go meat-free for three days.
- Learn about water systems
- Learn about composting and make a compost bin for your kitchen.
- Repurpose old clothing to make new things, like a reusable bag from old t-shirts.
- Learn about the eco-system in your backyard or neighborhood.
- Make a "turn off the lights" challenge to save energy.

SMALL
ACTS.
GREAT LOVE.
-MOTHER TERESA

**PRO TIP: CHECK OUT
THE COMPASSION
CAMP PINTEREST
BOARD FOR EVEN
MORE INSPIRATION
AND THE APPENDIX
FOR MORE
INFORMATION!**

ACTIVITY FOR YOUNGER CHILDREN (PRESCHOOL)**Sprouting a Bean Seed**

Planting a seed helps us see what a fresh start looks like.

Materials:

Two bean seeds

One paper towel

Clear container (small mason jar or clear cup)

Directions:

1. Fold the paper towel in half lengthwise and in half again.
2. Wrap the paper towel inside a clear container to fit around the sides.
3. Wet the paper towel with small drops of water.
4. On opposite sides of the container, place seeds in between sides of the container and paper towel, allowing beans to be visible.
5. Place the container in a sunny location.
6. Check the container and dampness of the paper towel every day. Wet paper towels as needed with small drops of water.
7. It takes about 3-5 days for changes to appear.
8. Once your seeds begin to sprout, you can transfer to a pot with soil and continue to watch it grow!

SENDING & MUSIC

We have learned so much about compassion together, haven't we? I know I've learned a lot from you. We learned that compassion begins with seeing, feeling, and welcoming. We talked about how compassion helps us be brave and how it is important to love and care for ourselves. Last time, we learned how it helps us be open to people we encounter along the way and to trust God to lead us.

Our last theme of Compassion Camp, taught us how compassion gives us fresh starts through the wonderful tradition of Jubilee! Jubilee (fresh starts) helps us see, feel, and trust that God's abundance (there is enough for everyone) is meant for all people and all creation. When we make space for rest, gather together at the table, and care for those who need the most help, we show God's compassion.

PONDER TOGETHER

- Why are fresh starts important?
- Why do you think it's important to rest?
- Why do you think it's important to celebrate?
- What do we celebrate?
- How does this help us share God's compassion?

Let's sing our "Compassion Prayer" song, because it helps us pray for others and ourselves.

SONG: COMPASSION PRAYER

C **Am** **F** **G**
 May we be filled with compassion

C **Am** **F** **G**
 May we be filled up to the top of our hearts

C **Am** **F** **G**
 When we have the power to make something right

F **G** **C**
 May we show God's love.

C **Am** **F** **G**
 May we be shown compassion

C **Am** **F** **G**
 May we be found in the center of peace

C **Am** **F** **G**
 When we have needs that others can meet

F **G** **C**
 May we find God's love.

CLOSING

God's compassion is God's justice. And working for God's justice, making things right, releases God's abundance into the world, making sure everyone has what they need. When we rest, and help people and the land to rest, we show God's justice. When we gather together at the table in joy, we show God's justice. When we care for those who need the most help, we show God's justice.

Justice, making things right, is what happens when we are compassionate.

These are ways we show compassion:

- Seeing and welcoming.
- Being brave and showing up.
- Loving ourselves.
- Being present with each other.
- Fresh starts.

And when we do these things, we show God's love, peace, and justice with the world.

Let's end with our compassion prayer. Place one hand on your head and one hand on your heart. We are doing this because compassion happens in our brains, but we often feel it in our hearts.

Choose a family member to lead the prayer.

Repeat after me,

*Joyful Spirit,
Your loving hands are always creating freedom, release, and fresh starts!
Help us do the same today by caring for all living things
with gentleness and care.
Open us to humbly receive that same care ourselves.
Make our hearts smile and our actions sing
with your promise of abundance toward the whole world.
Amen.*

On the following pages, take some time to color and reflect on the prayer, and use the Daily Examen card, which offers an opportunity to reflect on the day together.



Your

LOVING HANDS are always CREATING

FREEDOM, RELEASE, and FRESH STARTS!

HELP US ~~SAME~~ Today

by CARING for all LIVING THINGS

W-IT- GENTLENESS AND CARE.

OPEN US to humbly RECEIVE

that same CARE MAKE OUR HEARTS SMILE
OURSELVES.

A AND ^{OUR} ACTIONS WITH YOUR PROMISE OF ABUNDANCE
SING

TOWARD the WHOLE WORLD.

AMEN.

THIS PAGE INTENTIONALLY LEFT BLANK.

DAILY EXAMEN

Below is a Daily Examen card which offers an opportunity to talk together about the day's experiences and lessons. It helps us ask each other questions and remember to be thankful for the day. Have this Examen card with you when you're sitting at the table for a meal or at bedtime. Take a few minutes to pause and share about your day. Begin by saying the opening line and the prayer. Then use the questions as a guide to reflect on the day. You can ask each other one question or all the questions. Taking time to remember what you felt and learned during the day helps deepen our compassion.

Daily examen



OPEN

God is good, **all the time!**
All the time, **God is good!**

PRAY

God of fresh starts,
You provide us with more than enough.
Use us to be instruments of your
generosity and abundance. **Amen.**

What **surprised** you today?
What **disappointed** you today?
When did you **share kindness** today?
When did you **not share kindness** today?
And what are you most **thankful** for today?

© 2020 Illustrated Ministry, LLC. All rights reserved. illustratedministry.com
May be reproduced for congregational and personal use only, provided each copy carries this notice.

144

THIS PAGE INTENTIONALLY LEFT BLANK.

SONG SHEETS



THIS PAGE INTENTIONALLY LEFT BLANK.

COME TO THE TABLE

C
Come to the table

F
Come to the table

G
Come to the table

F **C**
And celebrate with us

You may want to continue on with these other verses, or feel free to make up some of your own:

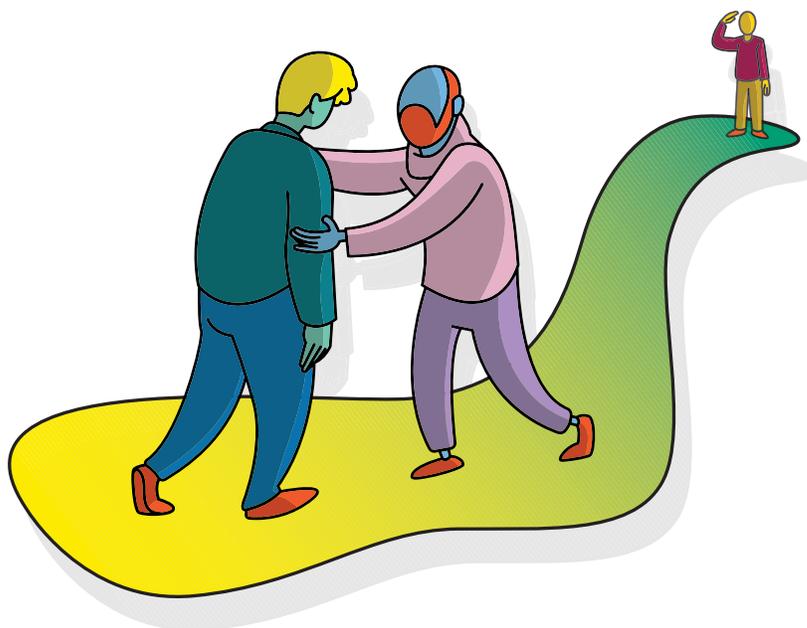
We are all welcome...

Let's have a party...

You are my sibling...

We are a family...

To modulate up a key, use D-G-A



THIS PAGE INTENTIONALLY LEFT BLANK.

BRAVE ENOUGH

C G Am F
We are brave enough to love

C G Am F
We are brave enough to show compassion

C G Am F G (2x)
We are brave enough to listen and tell the truth.

C G Am F
We can be brave

C G Am
We can be brave

F Am
Because we are filled with love

G
From the bottom of God's heart

C G Am F
We can be brave

C G Am F
We can be brave



THIS PAGE INTENTIONALLY LEFT BLANK.

i HAVE LOVE TO SHARE

C **F**
I have love to share with the whole wide world

Am **G**
And I start with loving myself

C **F**
When I take good care of my heart and soul

Am **G**
I have love for everyone else

C **F** **Am** **G**
I love me so I can love you

C **F** **Am** **G**
God loves me so I can love you



THIS PAGE INTENTIONALLY LEFT BLANK.

Face To Face

F Am G C
Face to face or far away

F Am G C
God is present among us

F Am G C
Listen to the Spirit (your neighbor/family/community) say

F G C
I am here with you (2x)

C Am F G
As close as your breath, your beating heart

F G C
I am here with you

C Am F G
As far as you go, no matter the time

F G C
I am here with you



THIS PAGE INTENTIONALLY LEFT BLANK.

COMPASSION PRAYER

C **Am** **F** **G**
May we be filled with compassion

C **Am** **F** **G**
May we be filled up to the top of our hearts

C **Am** **F** **G**
When we have the power to make something right

F **G** **C**
May we show God's love.

C **Am** **F** **G**
May we be shown compassion

C **Am** **F** **G**
May we be found in the center of peace

C **Am** **F** **G**
When we have needs that others can meet

F **G** **C**
May we find God's love.



THIS PAGE INTENTIONALLY LEFT BLANK.

SHEET MUSIC



THIS PAGE INTENTIONALLY LEFT BLANK.

Come to the Table

Amanda Meisenheimer

C F

1. Come to the ta - ble. Come to the ta - ble.
 2. We are all wel - come. We are all wel - come.

Detailed description: This system contains the first four measures of the piece. The key signature is C major and the time signature is 2/2. The first two measures are under a C chord, and the last two are under an F chord. The melody is in the treble clef, and the bass line is in the bass clef. The lyrics are written below the treble staff.

G⁷ F C

Come, to the ta - ble and cel - e - brate with us.
 We are all wel - come. Come cel - e - brate with us.

Detailed description: This system contains the next four measures. The first two measures are under a G7 chord, the third under an F chord, and the fourth under a C chord. The melody continues in the treble clef, and the bass line remains in the bass clef. The lyrics are written below the treble staff.

C F

Come to the ta - ble. Come to the ta - ble.
 We are all wel - come. We are all wel - come.

Detailed description: This system contains the next four measures. The first two measures are under a C chord, and the last two are under an F chord. The melody continues in the treble clef, and the bass line remains in the bass clef. The lyrics are written below the treble staff.

G⁷ F C

Come to the ta - ble and cel - e - brate with us.
 We are all wel - come. Come, cel - e - brate with us.

Detailed description: This system contains the final four measures of the piece. The first two measures are under a G7 chord, the third under an F chord, and the fourth under a C chord. The melody continues in the treble clef, and the bass line remains in the bass clef. The lyrics are written below the treble staff. A first ending bracket is placed above the final measure, which ends with a double bar line and repeat dots.

Come to the Table

(higher key)

Amanda Meisenheimer

F Bb

1. Come to the ta - ble.
2. We are all wel - come.

Come to the ta - ble.
We are all wel - come.

Detailed description: This system contains the first four measures of the piece. The key signature has one flat (Bb). The time signature is 2/2. The first two measures are in the key of F major, and the last two are in Bb major. The melody is in the treble clef, and the bass line is in the bass clef. The lyrics are written below the treble staff.

C7 Bb F

Come, to the ta - ble and cel - e - brate with us.
We are all wel - come. Come cel - e - brate with us.

Detailed description: This system contains measures 5 through 8. The key signature remains Bb. The first measure is in C7, the second in Bb, and the last two in F. The melody continues in the treble clef, and the bass line provides harmonic support in the bass clef. The lyrics are written below the treble staff.

F Bb

Come to the ta - ble.
We are all wel - come.

Come to the ta - ble.
We are all wel - come.

Detailed description: This system contains measures 9 through 12. The key signature remains Bb. The first two measures are in F major, and the last two are in Bb major. The melody is in the treble clef, and the bass line is in the bass clef. The lyrics are written below the treble staff.

C7 Bb 1. F

Come to the ta - ble and cel - e - brate with us.
We are all wel - come. Come, cel - e - brate with us.

Detailed description: This system contains measures 13 through 16. The key signature remains Bb. The first two measures are in C7, the third in Bb, and the final measure in F. The melody is in the treble clef, and the bass line is in the bass clef. The lyrics are written below the treble staff. The system ends with a double bar line and repeat dots.

Brave Enough

Amanda Meisenheimer

C G Am F C G

We are brave e-nough to love. We are brave e-nough to

This system contains the first two measures of the song. The melody is in the treble clef, and the accompaniment is in the bass clef. The time signature is 4/4. The lyrics are 'We are brave e-nough to love.' and 'We are brave e-nough to'.

Am F C G

show com - pas - sion. We are brave e - nough to

This system contains the next two measures. The melody continues in the treble clef, and the accompaniment is in the bass clef. The lyrics are 'show com - pas - sion.' and 'We are brave e - nough to'.

Am F G 1. 2.

lis-ten and tell the truth. We can be

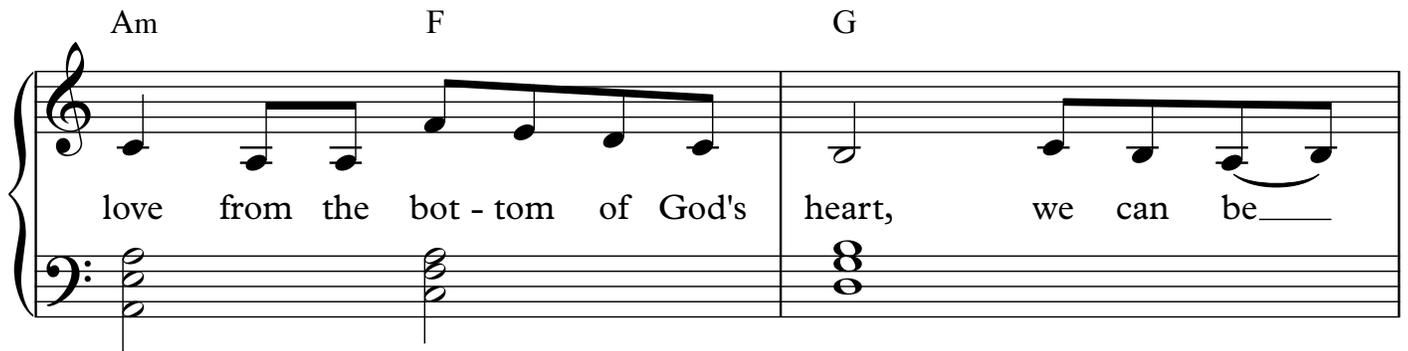
This system contains the next two measures, including a first and second ending. The melody is in the treble clef, and the accompaniment is in the bass clef. The lyrics are 'lis-ten and tell the truth.' and 'We can be'.

C G Am F C G Am F

brave, we can be brave, be-cause we're filled with

This system contains the final two measures of the song. The melody is in the treble clef, and the accompaniment is in the bass clef. The lyrics are 'brave, we can be brave, be-cause we're filled with'.

Am F G



love from the bot - tom of God's heart, we can be___

C G Am F C



brave.____ We can be___ brave.____

Brave Enough

(higher key)

Amanda Meisenheimer

E B C#m A E B

We are brave e-nough to love. _____ We are brave e-nough to

C#m A E B

show com - pas - sion. We are brave e - nough to

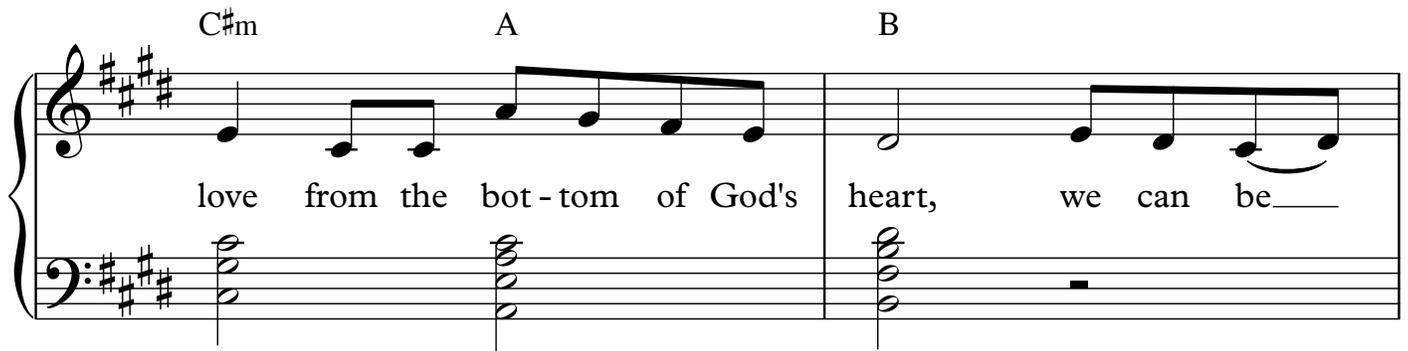
C#m A B 1. 2.

lis - ten and tell the truth. We can be

E B C#m A E B C#m A

brave, _____ we can be brave, _____ be-cause we're filled with

C#m A B



love from the bot - tom of God's heart, we can be___

E B C#m A E



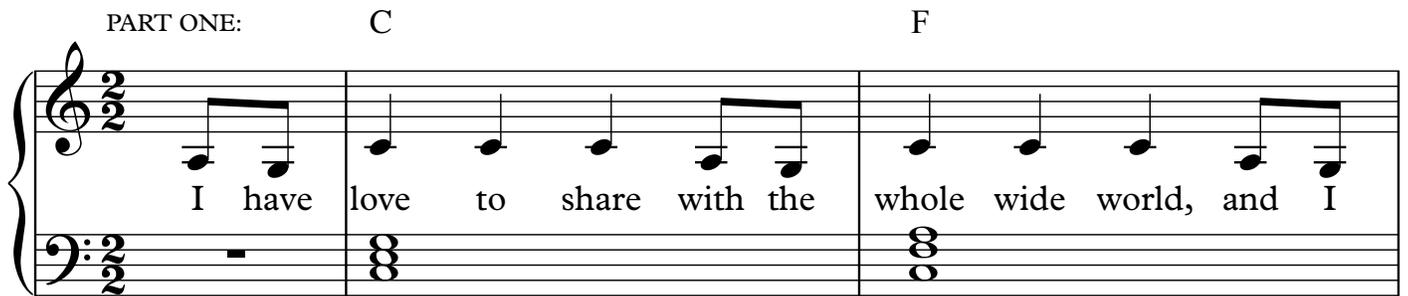
brave.____ We can be___ brave.____

I Have Love to Share

NOTE: Parts One and Two may be sung as a round

Amanda Meisenheimer

PART ONE: C F



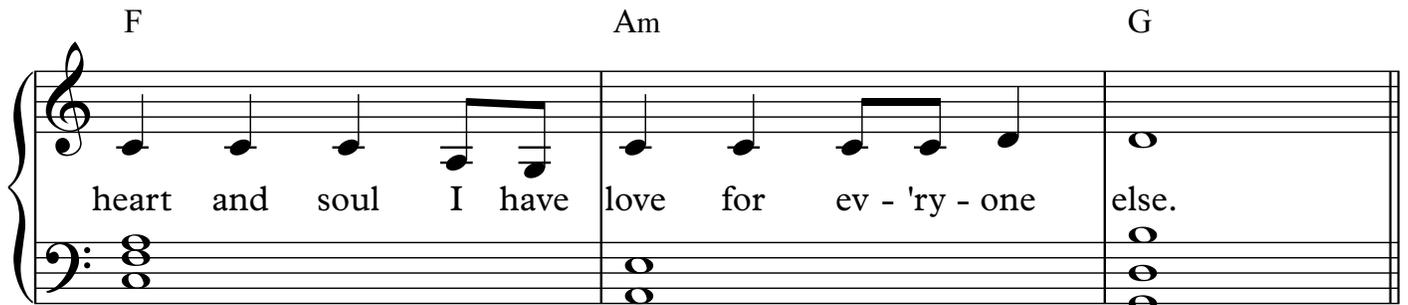
I have love to share with the whole wide world, and I

Am G C



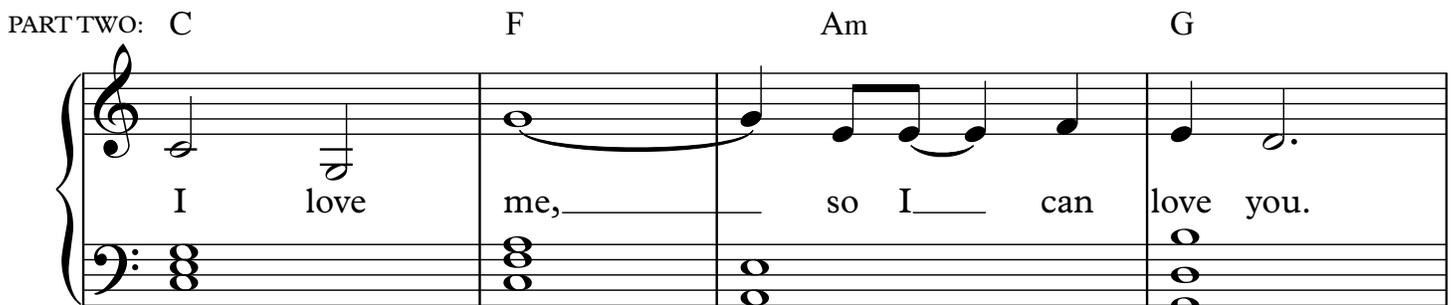
start by lov-ing my - self. When I take good care of my

F Am G



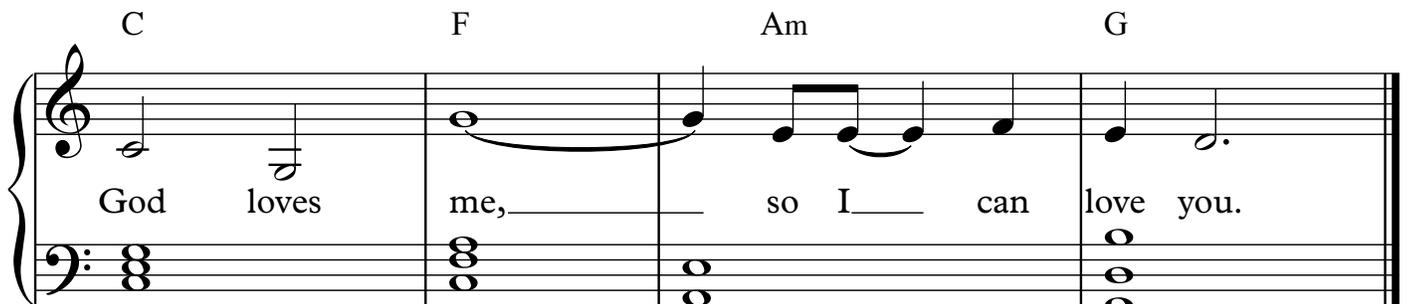
heart and soul I have love for ev - 'ry - one else.

PART TWO: C F Am G



I love me, so I can love you.

C F Am G



God loves me, so I can love you.

I Have Love to Share

(higher key)

NOTE: Parts One and Two may be sung as a round

Amanda Meisenheimer

PART ONE:

G C

I have love to share with the whole wide world, and I

Em D G

start by lov-ing my - self. When I take good care of my

C Em D

heart and soul I have love for ev - 'ry - one else.

PART TWO:

G C Em D

I love me, so I can love you.

G C Em D

God loves me, so I can love you.

Face to Face

Amanda Meisenheimer

F Am G C F Am G

Face to face or far a way, God is pre-sent a mong us.

The first system of music is in 2/2 time. The treble clef staff contains the melody with lyrics underneath. The bass clef staff contains the piano accompaniment. The lyrics are: "Face to face or far a way, God is pre-sent a mong us." The key signature has one flat (B-flat).

F Am G C F G C

Lis-ten to the Spir - it say: "I am here with you." Repeat

your
your
your com - mu-ni-ty say:

The second system of music continues the melody and accompaniment. The lyrics are: "Lis-ten to the Spir - it say: 'I am here with you.'" followed by "your your your com - mu-ni-ty say:". A "Repeat" sign is placed at the end of the system.

C Am F G F G C

"As close as your breath, your beat-ing heart; I am here with you.

The third system of music continues the melody and accompaniment. The lyrics are: "'As close as your breath, your beat-ing heart; I am here with you."

C Am F G F G C

As far as you go, no mat-ter the time, I am here with you."

The fourth system of music concludes the piece. The lyrics are: "As far as you go, no mat-ter the time, I am here with you." The system ends with a double bar line and repeat dots.

Face to Face

(higher key)

Amanda Meisenheimer

C Em D G C Em D

Face to face or far a way, God is pre-sent a mong us.

Detailed description: This system contains the first four measures of the song. The key signature has one sharp (F#) and the time signature is 2/2. The melody is written on a treble clef staff, and the bass line is on a bass clef staff. Chord symbols C, Em, D, G, C, Em, and D are placed above the staff. The lyrics are: "Face to face or far a way, God is pre-sent a mong us." A fermata is placed over the final note of the melody.

C Em D G C D G

Lis-ten to the Spir - it say: "I am here with you." Repeat

your neigh - bor say:
your fam - 'ly say:
your com - mu-ni-ty say:

Detailed description: This system contains the next four measures. The melody continues on the treble clef staff, and the bass line provides accompaniment. Chord symbols C, Em, D, G, C, D, and G are placed above the staff. The lyrics are: "Lis-ten to the Spir - it say: 'I am here with you.' Repeat". Below the first two measures, there are three lines of text: "your neigh - bor say:", "your fam - 'ly say:", and "your com - mu-ni-ty say:". A box labeled "Repeat" is placed at the end of the system.

G Em C D C D G

"As close as your breath, your beat-ing heart; I am here with you.

Detailed description: This system contains the next four measures. The melody continues on the treble clef staff, and the bass line provides accompaniment. Chord symbols G, Em, C, D, C, D, and G are placed above the staff. The lyrics are: "'As close as your breath, your beat-ing heart; I am here with you." A fermata is placed over the final note of the melody.

G Em C D C D G

As far as you go, no mat-ter the time, I am here with you."

Detailed description: This system contains the final four measures of the song. The melody continues on the treble clef staff, and the bass line provides accompaniment. Chord symbols G, Em, C, D, C, D, and G are placed above the staff. The lyrics are: "As far as you go, no mat-ter the time, I am here with you." A fermata is placed over the final note of the melody.

Compassion Prayer

Amanda Meisenheimer

(8th notes are swung)

C Am F G

May we be filled with com-pas - sion.

The first system of music is in 3/4 time. The treble clef staff contains the melody with lyrics: "May we be filled with com-pas - sion." The bass clef staff provides accompaniment. Chords C, Am, F, and G are indicated above the staff. The melody consists of quarter notes and half notes, with a fermata over the final note.

C Am F G

May we be filled up to the top of our hearts.

The second system of music continues the melody. The treble clef staff contains the melody with lyrics: "May we be filled up to the top of our hearts." The bass clef staff provides accompaniment. Chords C, Am, F, and G are indicated above the staff. The melody consists of quarter notes and half notes.

C Am F G

When we have the pow'r to make some-thing right,

The third system of music continues the melody. The treble clef staff contains the melody with lyrics: "When we have the pow'r to make some-thing right,". The bass clef staff provides accompaniment. Chords C, Am, F, and G are indicated above the staff. The melody consists of quarter notes and half notes.

F G C

may we show God's love.

The fourth system of music concludes the melody. The treble clef staff contains the melody with lyrics: "may we show God's love." The bass clef staff provides accompaniment. Chords F, G, and C are indicated above the staff. The melody consists of quarter notes and half notes, with a fermata over the final note.

C Am F G

May we be shown com - pas sion.

C Am F G

May we be found in the cen - ter of peace.

C Am Fm

When we have needs that oth - ers can

G F G C

meet, may we find God's love.

Compassion Prayer

(higher key)

Amanda Meisenheimer

(8th notes are swung)

E C#m A B

May we be filled with com-pas - sion.

E C#m A B

May we be filled up to the top of our hearts.

E C#m A B

When we have the pow'r to make some-thing right,

A B E

may we show God's love.

E C#m A B

May we be shown com - pas sion.

E C#m A B

May we be found in the cen - ter of peace.

E C#m Am

When we have needs that oth - ers can

B A B E

meet, may we find God's love.

APPENDIX

We created an appendix to share with you additional books, resources, and links we found while our team worked on creating Compassion Camp. We hope these additional resources will further your journey and exploration into the theme of compassion.

AT THE TABLE

Children's Picture Book Recommendations

- *Niko Draws a Feeling*, Bob Raczka
- *Who Counts?* Amy-Jill Levine and Sandy Eisenberg Sasso
- *Drawn Together*, Minh Lê
- *The Dot*, Peter Reynolds
- *All are Welcome*, Alexandra Penfold
- *Thank you, Omu*, Oge Mora

TO THE NEIGHBOR

Resources on Disability Theology

- *The Disabled God, Toward a Liberatory Theology of Disability*, Nancy L. Eiesland

Explore de-stigmatising disability through children's literature <https://bit.ly/2AMHs2m>

Compassion in Action News Articles

- COVID-19 Has Killed Close To 300 U.S. Health Care Workers <https://n.pr/30iN7rL>
- As 'Hero' Pay Ends, Essential Workers Wonder What They Are Worth <https://n.pr/30o2WgS>
- As COVID-19 Cuts Deadly Path Through Indiana Prisons, Inmates Say Symptoms Ignored <https://n.pr/2UoaFHS>
- Why Older People Might Suffer Most, Post-Pandemic <https://bit.ly/2AMWBkm>

Compassion in Action: Additional Step of Bravery

- After you write a letter to a healthcare worker, essential worker, incarcerated person, or elderly person, write to organizations they work for or to government officials to speak up for equity and fairness on their behalf.

For older children/youth

- Listen to this podcast of OnBeing and ponder the question “Can anyone use the word we?” Reflect on what it means to be a part of “we” and “us.” <https://bit.ly/2UkeSw8>
- Listen to the music video *What If* by India.Arie. <https://bit.ly/3eyHzh9>

Imagine what if the people she names hadn’t taken their brave actions? How did their compassionate bravery make change happen? If there are people in the song you are not familiar with, take some time to learn their story and the impact of their leadership. Reflect on the words “we” and “us” India.Arie uses in her song with what you learned from the OnBeing podcast. What kind of bravery and compassion can you show in becoming a “we” and an “us”?

Children’s Picture Book Recommendations

- *Daniel’s New Friend* (Daniel Tiger’s Neighborhood), adapted by Becky Friedman
- *Who is My Neighbor?* Amy-Jill Levine and Sandy Eisenberg Sasso
- *Maddi’s Fridge*, Lois Brandt
- *Good Morning, Neighbor*, Davide Cali
- *Holy Troublemakers & Unconventional Saints*, Daneen Akers
- *People You May See*, Lisa Koehler

FOR MYSELF

Children’s Picture Book Recommendations

- *I Am Enough*, Grace Byers
- *No One Else Like You*, Siska Goeminne
- *When God Made You*, Matthew Paul Turner
- *Beautiful Oops!* Barney Saltzberg
- *The Word Collector*, Peter H. Reynolds

ALONG THE WAY

Children’s Picture Book Recommendations

- *I Walk with Vanessa*, Kerascoët
- *The Rabbit Listened*, Cori Doerrfeld
- *Butterflies on the First Day of School*, Annie Silvestro
- *The Kissing Hand*, Audrey Penn

WITH THE WORLD

Children's Picture Book Recommendations

- *Melena's Jubilee*, Zetta Elliot
- *The Marvelous Mustard Seed*, Amy-Jill Levine and Sandy Eisenberg Sasso
- *When Grandma Gives You a Lemon Tree*, Jamie L. B. Deenihan
- *No Water, No Bread*, Luis Amavisca
- *Peaceful Fights for Equal Rights*, Rob Sanders

Parenting Resource: *Parenting Forward: How to Raise Children with Justice, Mercy, and Kindness*, Cindy Wang Brandt

To make lasting change, we must talk about systemic injustices, learn and understand the story of how they came to be, why compassion is demanded of us, and why these systems need a fresh start. Here are links to just a few oppressive systems:

- Check out videos by **The Story of Stuff**. Watch and learn about the story of plastics, bottled water, cosmetics, and see what you can do to start fresh and help give the earth a rest. <https://bit.ly/3eVQs42>
- Become familiar with colonization from the **Origin of Everything**: <https://bit.ly/2Mlz4n8>
- Learn about the for-profit prison industry. Lamentably, the business model of for-profit prisons is spreading throughout the world. To learn about the prison system in the US context and how for-profit prisons came into existence, watch **Why Do We Have Private Prisons? By Origin of Everything**: <https://bit.ly/2XK0j7d>. In the show notes, you can find many helpful links, as well as great resources on restorative justice.
- Have age-appropriate conversations with your children about police brutality and choose some actions your family can take from this At-Home Family Action Toolkit developed by the Student Ignition Society from Raising Luminaries <https://bit.ly/37ciCVK>
- Take a look at Fast Fashion by reading **What Is Fast Fashion, Anyway?** <https://bit.ly/2ASWCD6> and watching **The Ugly Truth Of Fast Fashion** (video contains some adult language) <https://bit.ly/3h7zxx8>
- What other systems can you think of that could use a fresh start?

Special thanks to [Books for Littles](#) for consistently providing quality children's literature recommendations. Many of the books listed above were found from their curated lists of children's books.

COMPASSION CAMP POSTER/MURAL

As you spend time coloring in the Compassion Camp Poster, we hope you and your children enjoy seeing and finding all the diverse ways compassion can be shared in the world. The Mosaic Poster Tiles are filled with compassionate moments that connect with all five themes from Compassion Camp. The themes themselves are very broad, so we tried to include different kinds of topics and scenes that represented or got you thinking about how you might see and live out compassion in your day to day life. Representation in design and illustration is important to us. We are still learning, so let us know if there is something we missed.

A note about the closed for-profit prison

God's Jubilee is about fresh starts to bring about freedom and wholeness to the world. Jesus addresses "The Year of the Lord's Favor" in Luke 4:18 when he says, "*The Spirit of the Lord is upon me, because God has anointed me to bring good news to the poor. God has sent me to proclaim release to the captives and recovery of sight to the blind, to let the oppressed go free.*"

Ask yourself, who are the captives and oppressed today?

Answering this requires a softened heart and a willingness to be open because identifying and naming people in captivity forces us to recognize our participation and complicity in their bondage.

As one entry point to creating fresh starts for freedom, restoration, and wholeness, we included the image of a closed and run-down for-profit prison. This image is meant as a way for children and families to talk about systems that lead to mass incarceration and bondage.

If you are experiencing shock that we chose to include this in a children's curriculum and your immediate reaction is, "But my children are...too young, innocent, aren't ready, etc.!" we encourage you to first pause and sit with that shock and discomfort.

Identify where you feel it in your body.

Name why this is uncomfortable. Is it new?

Do you feel unprepared? Do you think children should be kept from things like this?

Then ask yourself, "Why is that?"

Take a moment to remember what happens when children + sweets + presents mix? Cindy Wang Brandt reminds us of this in her book *Parenting Forward: How to Raise Children with Justice, Mercy, and Kindness*. Children inherently know the difference between justice and injustice, what's fair, and isn't fair. From that first moment they protest their sibling getting a bigger piece of cake, Wang Brandt reminds us children are ready to address racial injustice.

Compassion Camp requires inner work. Yes, these can be very uncomfortable conversations if you are new to them. But knowledge is power.

Illustrated Ministry is committed to helping faith communities raise children who are kind, compassionate, and work in solidarity with all of God's children to bring about God's restoration in the world. Will you join us in that work?



CONTRIBUTORS

pre-school writing & editing

NICHOLE GONZALEZ is a preschool teacher at Brentwood Presbyterian Church Preschool where she has served that community for over 20 years. She previously served as the Children's Ministry Coordinator. She specializes in early childhood education and has a passion for working with children. Nichole works and lives in Los Angeles with her husband and three sons.

concept + writing

MIHEE KIM-KORT is a Presbyterian minister, agitator, speaker, writer, and slinger of hopeful stories about faith and church. Her writing can be found at TIME, BBC World Service, USA Today, Huffington Post, Christian Century, On Being, Sojourners, and Faith and Leadership. She is a PhD student in Religious Studies at Indiana University where she and her Presbyterian minister-spouse live with their three kids in Hoosier country.

writing + editing

ARIANNE BRATHWAITE LEHN is a mother, one half of a clergy couple, writer, and ordained minister with the PC(USA). Arianne graduated from McCormick Theological Seminary (Chicago). She is the author of *Ash and Starlight*. She and her family live in Wilmette, Illinois and she blogs at *Ash & Starlight*.

writing + songwriting/music

AMANDA MEISENHEIMER is the Minister of Children and Families at the Riverside Church in the City of New York. Amanda specializes in intergenerational and therapeutic approaches to ministry and curriculum. Amanda also serves as the Executive Director of the Riverside CDF Freedom School, bringing a program of literacy and social justice to the community's children. She and her two children make their home in Manhattan.

illustration

CORBY ORTMANN is a digital illustrator and animator, whose work includes caricatures, graphic design, children's books, and animated commercials/music videos. He currently lives in Fargo, ND with his wife and daughter, who help him to step away from the art table every so often. You can find more of his work at www.corbyortmann.com.

concept + editing

REBEKAH LOWE, a local of Kansas City, Southern California, and Austin, Texas, earned a BA in Biblical Studies from Azusa Pacific University and served as the Director of Children's Ministry at Brentwood Presbyterian Church (USA) in Los Angeles, California. She resides in Austin, TX with her husband and their two children.

founder + CEO

ADAM WALKER CLEVELAND is an artist, pastor, pastor's spouse, and father of four (two living). Adam is an ordained Teaching Elder in the Presbyterian Church (USA), and after doing youth ministry for over 15 years, he founded Illustrated Ministry, LLC in 2015. He resides in Racine, Wisconsin with his wife and their two children.