

# Hello

A publication of Winnipeg Monthly Meeting  
Religious Education committee.  
Especially for families and youth.

April 2020

**Make a  
movie!**

See page 5 for the  
Make A Movie  
challenge!

## Hello young friends!

How are you? Since we will not be meeting in person in the next little while, we thought we would put together a newsletter with some stories and activities for you to enjoy. We'll talk about spring, and about what worship means, and some different ways to worship. We'd like to hear your stories, too, and hear about what you're doing to celebrate spring.

### Time to grow

Spring is the time when nature wakes up and starts to grow again!

In this newsletter you'll find a fun page of things to look for in spring. Many of them are things that grow.

Like grass. Or dandelions. Or seeds that you plant in the garden.

### Worship

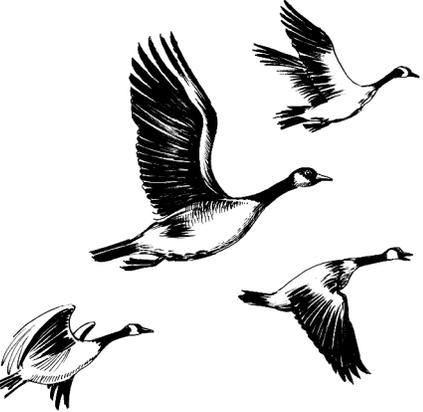
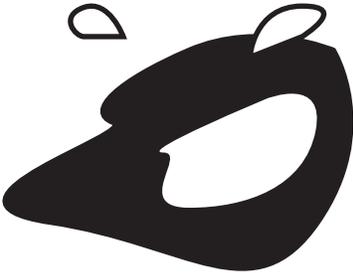
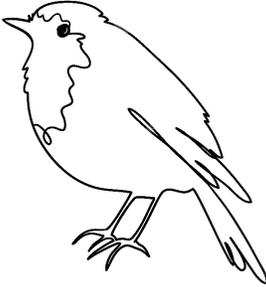
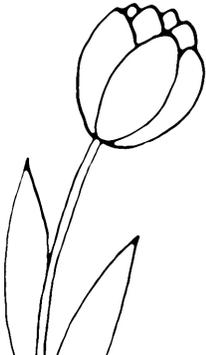
What do Quakers mean when we talk about worship? Why do we worship? Look inside for some answers.



# Spring Things

There are many signs of spring. How many of these have you seen?  
You can colour this page as you find signs of spring.



<p>Canada geese</p> 	<p>A mud puddle</p> 	<p>A brand new leaf</p> 
<p>A crocus</p> 	<p>A dandelion</p> 	<p>New grass</p> 
<p>A ladybug</p> 	<p>A robin</p> 	<p>A tulip</p> 

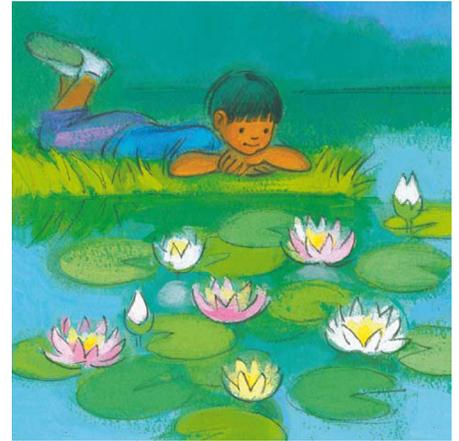
# Worship

Worship can mean many things. When Quakers worship, we often start in a place of silence. In silence we can listen. When we are quiet, we can hear things that we are not able to hear when we are talking. We can hear the sound of our soft breathing. Of our heartbeat. Of a bird singing. Or the wind in the trees.

We might notice our thoughts. We might say hello to our thoughts. Hello, excited thoughts. Hello, worried thoughts. Hello, happy thoughts.

As we sit quietly we might hear the sounds of our family. We might think about how much they love us. How good it is to have family.

Try sitting quietly for a little while. Notice what you hear and what you think.



## Activity

Sit quietly for five minutes. Listen to the sound of your breathing. Think about how we all breathe the same air and how we are alive in the air we breathe.

Listen to sounds around you. What do you hear?

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# A little thing

I really like this writing, shared by friend Orion on Saturday in her Daily Quaker Inspiration. It was written by Julian of Norwich, a woman who spent much time thinking and writing about God in the Middle Ages.

And in this he showed me a little thing,  
the quantity of a hazel nut,  
lying in the palm of my hand,  
as it seemed.

And it was as round as any ball.

I looked upon it with the eye  
of my understanding, and thought,  
'What may this be?'

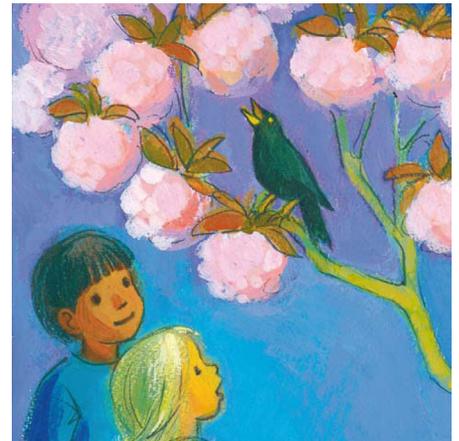
And it was answered generally thus,  
'It is all that is made.'

I marveled how it might last,  
for I thought it might suddenly have fallen  
to nothing for littleness.

And I was answered in my understanding:  
It lasts and ever shall, for God loves it.  
And so have all things their beginning  
by the love of God.

In this little thing I saw three properties.  
The first is that God made it.  
The second that God loves it.  
And the third, that God keeps it.

Julian of Norwich



## Activity

*What is some small thing that you noticed today? Imagine that it is a tiny world. Imagine that it is dearly loved. Imagine caring for it.*

*If you would like to, draw a picture of that small thing. Or model it out of playdough or plasticine.*

*If you would like to share your picture or any of your ideas, I would love to see them.*





# Make-a-stop-motion-movie challenge

THIS CHALLENGE is for those of you who have smart phones, or access to parents who have them. Younger folks may need a little assistance from grownups.

**Make a movie about a small thing. A small thing loved, noticed and cared for. Or make a movie about spring.**

I recently started experimenting with stop-motion animation, using a free app called **Stop Motion Studio**. It's not too hard to use.

First you need to decide **what your movie will be about**, and what objects you will need. Maybe some cutout pictures, maybe some Lego bricks, or clay or plasticine.

Think about what kind of **action** will happen in your movie. How will the objects move? Will they appear and disappear? Will they interact with each other.

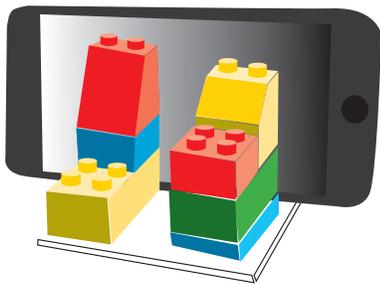
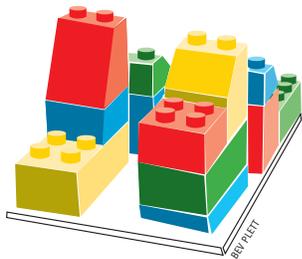
You will need some kind of **tripod** for your camera, which you can make with Lego blocks. (see link on left) You don't absolutely need a tripod, but without it your movie will be shaky, which is okay, too.

**Then go for it.**

**Your first movie might not be great. That's okay. Make another one.**

I would love to see your movie. I'll make one, too. I don't know yet how we can share them, but once I find out I'll let you know.

Have fun.



This tutorial shows you how to make a tripod out of Lego bricks

<https://www.youtube.com/watch?v=NJ3DLmB7kQM>

For a beautifully-crafted stop-motion movie and a song about quarantine by Christine Fellows, check out this link

<https://vimeo.com/401714318>

