

# CATCHING FAITH

March 29, 2020

## Week 1



### Update

As you are aware, the way our church functioned weeks ago has drastically changed. With no known date when we will be able to get back to our regular routines, Meghan and I have been looking for new ways to continue providing opportunities for worship and activities in your homes. Each week until we are able to return to “normal” we will send out a newsletter with different ways you can do this. If there is anything that we can do to support your families during this difficult time,

please do not hesitate to reach out to one, or both of us. Meghan can be reached at [m.brockington@knoxstthomas.ca](mailto:m.brockington@knoxstthomas.ca) and Allison can be reached at [allison.bell@outlook.com](mailto:allison.bell@outlook.com). Wishing you all good health and blessings during this unprecedented time.

### Sunday School

We will miss you each week in Sunday School! Below is an example of something that we would be doing at church, but is something you can do easily at home with minimal supplies.

#### Today's Bible Story

Read John 1:1-9 together (if you do not have a Bible at home you can use Google to search it up). Discuss that right now there is a lot of darkness in our community, country and in the world. Talk about ways you each individually and as a family can help to bring more light in the world. Decide one idea that your family will work on this week.

#### Activity

Follow the link to make Easter Egg (or any picture!) Suncatchers. If you do not have black paint, you could easily use any other dark colour paint.

<https://www.adventure-in-a-box.com/stained-glass-easter-egg-suncatchers/>

## Daily Schedule

As Mavis said in her Newsletter to the whole church, creating a routine while we are all at home more can be a very useful tool for adults and our children. This can be a big challenge depending on the age of your kids and if you are working from home. Below is an example of a schedule that you might find useful for your family.

## Daily Schedule

Time	Activity	Description
Before 9:00am	Wake-up	Eat breakfast, make your bed, get dressed
9:00-10:00am	Morning walk	Go for a walk, if it is raining or you can't go outside check out GoNoodle for dance and yoga
10:00-11:00am	Academic time	No electronics-journal, write to your pen pal, math booklet, math games with cards or dice
11:00am-12:00pm	Creative time	Building, lego, crafts, drawing, baking, music, dance
12:00pm	Lunch time	Sing one of your favourite graces before you eat (ex. Shark grace, Johnny apple seed, Eagles grace, etc.)
12:30pm	Chore time	Wipe kitchen counters and table, quick sweep, load the dishwasher, hand wash any dishes
1:00pm	Quiet time	Reading, puzzles, nap
2:30pm	Academic time	Electronics allowed-play your favourite math games online or on your IPAD, watch an educational show (ex. TVO kids)
4:00pm	Afternoon fresh air	Chalk, ride your bike, go for a walk, throw/kick a ball around
5:00pm	Dinner	Before you have dinner, choose one person to say the 5 finger prayer. While you are eating, go around and talk about your least favourite thing about today and your favourite thing (I like to call this lemons and oranges. Something sour, and something sweet)
6:00pm	Free time	Board games, watch a movie, play cards, play with your toys
8:00pm	Bed time	Have a bath/shower, brush teeth, change into PJ's, read a story

---

---

## 5 Finger Prayer

### The 5 Finger Prayer

Thumb: Those closest to you, your family.

Pointer: Those that point you in the right direction (teachers, doctors, priests) ask for wisdom & support.

Index: (tallest) Those that lead us, (Government) ask for guidance & wisdom.

Ring: (weakest) Those that are weak, in trouble, or in pain. We cannot pray too much for them.

Pinkie: (smallest) Our prayers for ourselves & our own needs.



## How to Address COVID-19 With Children

Most have already discussed the current situation with your children. However, if you are looking for some ideas to keep in mind when discussing COVID-19 or any other difficult topics with your children. These were posted and created by the Synod of Central and Northeastern Ontario.

**Set a tone of openness for conversation.** As parents we want our children to come and talk with us about anything and everything, even the topics that challenge us and perhaps make us uncomfortable. Let your children know you are there to talk and will give them your full attention. Let your kids know that you may not have all of the answers, but that you are willing to figure things out together. Setting this tone with your children at an early age will reap many harder and deeper questions when they are older, and we want our kids to keep talking with us when they are older don't we?

**Let your child set the tone for your conversation.** Listen carefully to the questions being asked and the underlying concerns reflected in each question. Each child is different, even if they are the same age; one child

---

---

might be more sensitive than another. You know your children best of all. Let your own child's sensitivity lead your conversation and shape your response.

**Ask questions of clarification.** A question about the number of people sick and dying from this pandemic may actually be a desire for reassurance that you are well and will be there to take good care of them in the future. A question about being off school may be about COVID-19, or it might be a question about what will we do next week.

**Answer truthfully.** Never tell a child something you must undo at a later date. While there are degrees to the information that ought to be given depending on each child's age and sensitivity, the answer should never be false. While answering truthfully, also remember to offer reassurance. Truthfully telling your child that this is a virus that is causing a large number of people to get sick and sadly a number of people to die should also be accompanied by the reassurance that most people are very healthy and that it is your deepest desire that you all remain healthy. This is why you and the family are taking care to keep the house clean, are washing your hands frequently and why you are staying away from social gatherings like school, church and playgroups. You want everyone to stay well – the family and those in your community.

**Increase details and intensity relative to the age of your child.** With a variety of ages in one household older children with additional details might need to understand that this is information that might overwhelm a younger child and be asked to keep that information to conversations with you. You may also need to have family conversations with the age of the youngest in mind and speak with older children in later conversations without the little ones present.

**Avoid euphemisms and confusing explanations.** Use proper and accurate words appropriate for the age of the child. If at the end of the conversation a child feels they understand less than before the conversation began your child will be left with far more to worry about.

**Accept your child's feelings and reactions.** Your child may cry and grieve what is going on in the world, they might express fear and worry. Each of these honest emotions and responses ought to be acknowledged and validated. They are very real. It is not fair to tell a child to simply set these aside or that they are wrong. Continue the conversation and find a way of honouring these feelings. Offer a prayer for those that are suffering. Make a plan to help others. Hold your children close and cuddle on the couch. Work on continuing the conversation to help allay them with care and love.

**Integrate your beliefs and understanding of God and God's care for the world in your explanations and conversations.** Reassure your child that this is not something God is doing to the world as a punishment for misbehaviour, but that God loves us all and wants to be in a relationship with each of us. Remind your children that God grieves the sickness and death that this virus is causing and desires good for us all.

**Remember that children also react to what they hear and see you doing.** If you are spending a great deal of time following the news on the TV and internet, if you are talking about COVID-19 most of the time, no matter how well balanced your conversations are with your children, they will pick up on your overall anxiety. Limit your time following the news and spend quality time with your children. Make time to play together, cook together, have adventures together.