

Families First @ Home: The Journey

May 11 - May 24, 2020

Get Ready: When we journey together, we learn new things, build community, and grow in faith.

Supplies:

- Digital device with internet connection
- Week #3 and #4 videos on our YouTube channel:
<https://www.youtube.com/user/FirstUMCBirmingham>
- Bible
- Hiking stick (be creative with the family challenge)
- Craft supplies (optional)
- Print sheet of Hiking Mementos (page 6)
- Song sheet (page 7)
- Extra coloring & puzzle sheets (page 8-10)

Weekly Schedule:

- Tuesday video: Introduce theme with activity
- Thursday video: Family Challenge
- Saturday video: Family Worship with music
- Sunday live Zoom gathering: Sunday school at 8:45 am (*settle-in at 8:30 am*)

What to Expect: We will be journeying together digitally for the next several weeks. While we are on this trail, we will also learn more about following Jesus. We will have adventures together. Sometimes the trail may seem challenging, or we might not be sure where we are going. But we will journey on this path—together.

ACTIVITY: BIBLE READING

Let's learn a Bible verse together. This verse is from book of Galatians in the New Testament. It is verses 22-23 in chapter 5:

22 But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, 23 gentleness and self-control. There is no law against things like this.

Eat Together Activity: A Feast of Fruit

Build community by eating together. Here are some suggestions for simple snacks and meals to serve during this event that are inspired by the fruit of the Spirit. Provide fruit-infused water to drink throughout your time together. Before serving any food, always check for food allergies.

Make your space nut-free, and offer gluten-free options.

Snack suggestions

- Sliced watermelon
- Fruit kabobs with strawberries and pineapple
- Sliced pears and apples with fruit dip
- Nut-free trail mix made from dried fruit

Meal suggestions

- Grilled hot dogs, brats, and hamburgers with grilled fruits, like pineapple, peaches, and nectarines
- Grilled banana boats for dessert



ACTIVITY: MISSION PROJECT to support a FOOD DRIVE for COVID-19
week #3 Family Challenge – see Thursday, May 14 video

Birmingham and Berkley First United Methodist Churches are holding an all-community food drive to benefit local organizations until May 10-21, 2020. While the spread of COVID-19 may be slowing, the needs of the community are not. Organizations that will benefit from this food drive include:

- Redford Brightmoor Initiative in Redford
- Hope Warming & Hospitality Center in Pontiac
- Lighthouse of Oakland County in Pontiac
- Baldwin Center in Pontiac
- Cass Community Social Services in Detroit
- Freedom House in Detroit
- United Methodist Community Center in Flint

Each organization has been contacted to determine their most critical needs at this time. Items may be dropped off at the Birmingham First United Methodist Church's main entrance anytime between now and Thursday, May 21. Please adhere to the critical social distancing guidelines below.

Please bring in boxes or bags segregated by food and supplies:

- Non-perishable food such as canned goods, cereal, mac n' cheese, peanut butter & jelly, soup, Goldfish
- Soft drinks & bottled water
- Chips, granola type bars, and cookies
- Cleaning supplies such as disinfecting wipes and solutions, hand/dish/laundry soap, shampoo, toothpaste, deodorant
- Paper products like towels and tissues (yes including TP), brown paper bags, wax paper, Ziploc bags
- Protective gear like face masks, gloves, gowns
- Diapers and formula powder

Want to help with distribution on May 21 or May 22? Call Bill & Mary Lou Guisinger at 248-672-6742.

Take a picture or a short, high quality video of your family' preparing your donation for the church food drive to our Dropbox:

<https://www.dropbox.com/request/EVnmegohIYFjgQrviAnm>

ACTIVITY: FRUIT CREATIONS ART PROJECT

week #4 Family Challenge – see Thursday, May 21 video

Supplies

- Fruit in a bowl
- Any craft supplies to make your project
 - Drawing or watercolor paper
 - Tissue paper & glue
 - Rocks & pipe cleaners
 - Paint and paintbrushes
 - Clay or playdough
- Supplies for cleanup

Preparation

1. If possible, show some famous still life paintings of fruit. Ask what you notice about the paintings—the lighting, the arrangement of fruit, the mood of the piece.
2. Place the bowl of fruit on the table and invite everyone to pick up necessary supplies and set up an easel so they can easily see the fruit.
3. After creating artwork, let dry and enjoy!
4. Take a picture or a short, high quality video of your family’s art project and upload to our Dropbox account: <https://www.dropbox.com/request/EVnmegohlYFjgQrviAnm>

ACTIVITY: HIKING STICK PROJECT *(continued activity from week #1)*

When you go on a hike, a hiking stick provides balance and support, so you don’t trip or fall. The hiking stick is a very helpful tool for a journey. As followers of Jesus, we are on a journey too. To help us remember how followers of Jesus need tools, we’re going to make hiking sticks. Everyone can choose and decorate a hiking stick.

It is a Family Challenge to make your hiking stick a one-of-a-kind, just like you. Use a variety of craft supplies at your disposal (like: leather, beads, feathers, ribbon, colored tape, etc...). Create any kind of hiking stick you want! It can be made out of wood, or anything your imagination can come up with!

Take a picture or a short, high quality video of your family’s hiking stick(s) creations and upload to our Dropbox account: <https://www.dropbox.com/request/EVnmegohlYFjgQrviAnm>

Keep your hiking stick handy as we journey together. Cut out from page 6 the memento for each week, so we remember what we talked about. The memento for these two weeks is the strawberry. We’ve already used the backpack to remember how we planned for our journey together.

SING TOGETHER: I'VE GOT THE JOY

Supplies

- Lyrics, music score, and/or soundtrack for "I've Got the Joy, Joy, Joy"
- Rhythm instruments

Preparation

1. If you don't know the song, "I've Got the Joy, Joy, Joy," go to YouTube see examples, such as: <https://www.youtube.com/watch?v=imK7pAMf61E>.
2. Sing, move, and play instruments to "I've Got the Joy, Joy, Joy."
3. Make up verses for patience and kindness.
4. See page 7 for more songs to sing together. Send up a video of your children performing!

Lyrics

I've got the joy, joy, joy, joy down in my heart,
Down in my heart, down in my heart.
I have the joy, joy, joy, joy down in my heart,
Down in my heart to stay.

Refrain:

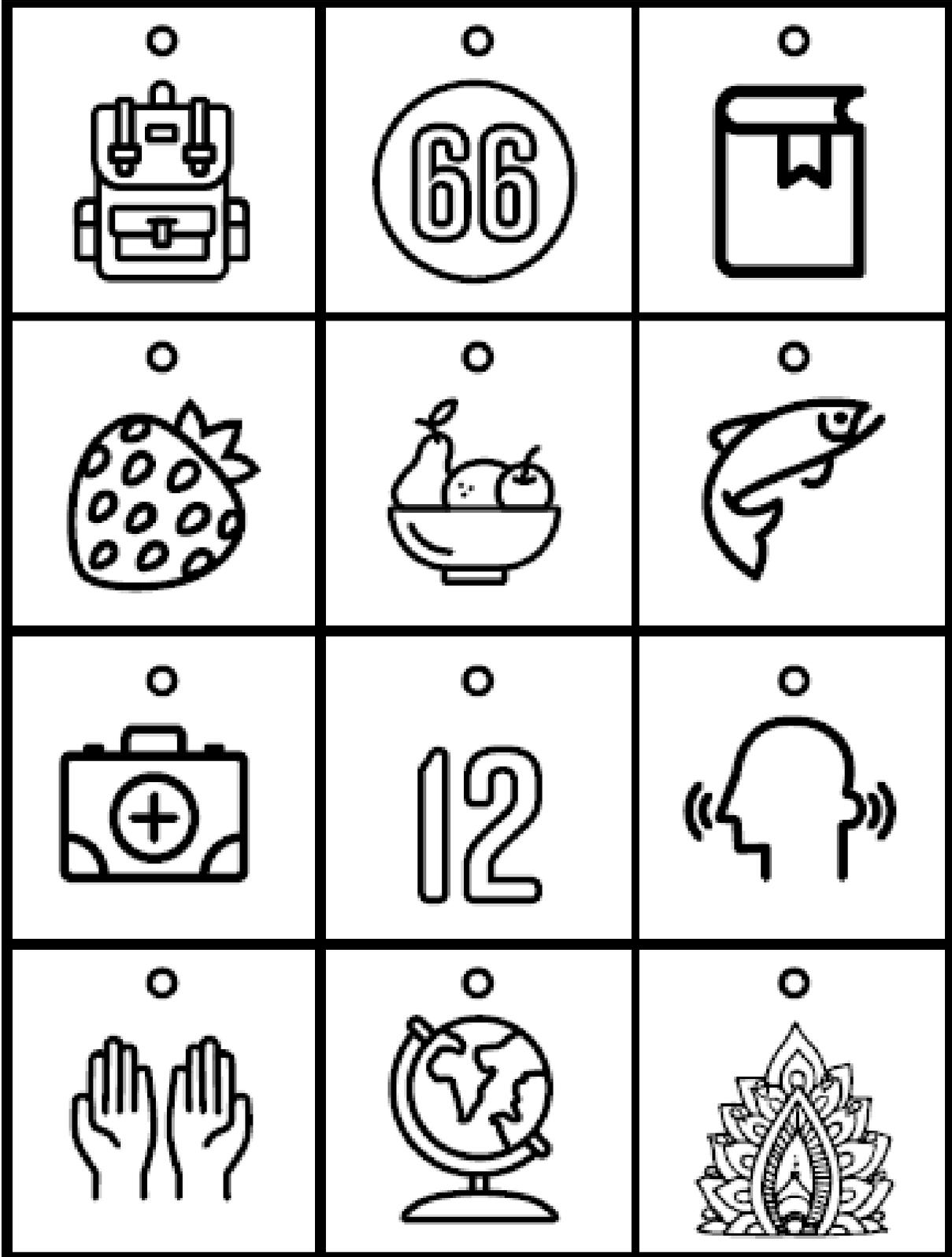
And I'm so happy,
So very happy,
I've got the love of Jesus in my heart.
And I'm so happy,
So very happy,
I've got the love of Jesus in my heart.

I have the peace that passes understanding down in my heart,
Down in my heart, down in my heart.
I have the peace that passes understanding down in my heart,
Down in my heart to stay.

Refrain

I have the love of Jesus, love of Jesus down in my heart,
Down in my heart, down in my heart.
I have the love of Jesus, love of Jesus down in my heart,
Down in my heart to stay.

Refrain



Help use build our Library of song videos!

Children and Families Ministry, Birmingham First UMC

Below is a long list of favorite Christian songs we sing at Children's Chapel and Choir Camp. Pick a song, practice singing it, and then video record yourself performing it. Please share with us highest quality videos possible, to ensure a clear picture and high sound quality.

Have your parents upload the video to our Dropbox account at:

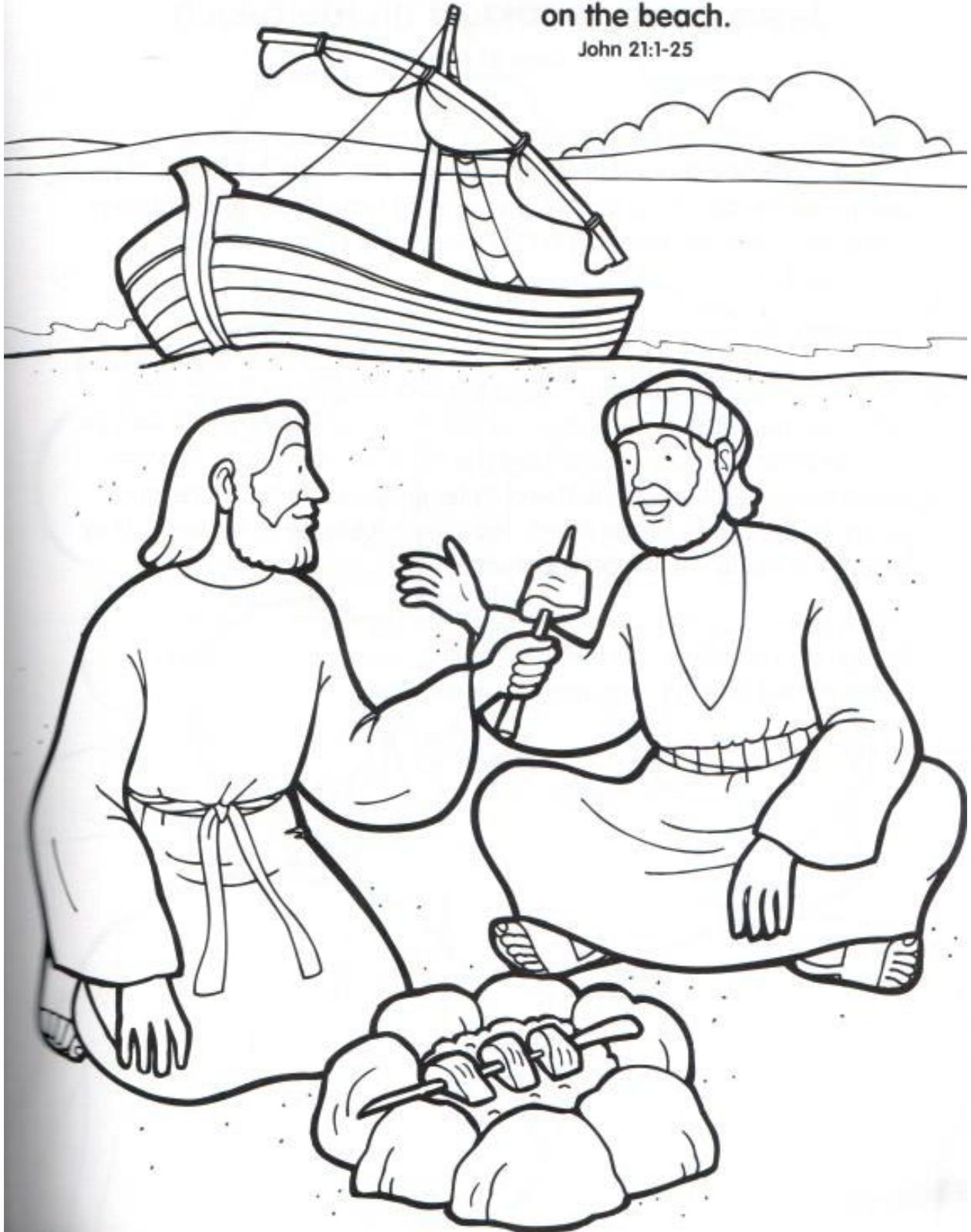
<https://www.dropbox.com/request/EVnmegohIYFjgQrviAnm>

Words to these songs will be posted on our website soon. Until then, you can Google the words and see if there is YouTube video available. Some YouTube links have been provided.

1. Rise & Shine
2. Rise & Shine: The Arky, Arky Song (https://www.youtube.com/watch?v=w64R_IMM0LQ)
3. I am a C-H-R-I-S-T-I-A-N (https://www.youtube.com/watch?v=YH_mhPX7C5k)
4. This little light of mine
5. I've got the Joy (<https://www.youtube.com/watch?v=imK7pAMf61E>)
6. Shake a friend's hand (<https://www.youtube.com/watch?v=uEB3S33BeR8>)
7. King of Kings (<https://www.youtube.com/watch?v=-LJcuNd4Ivg>)
8. Jesus Loves Me (https://www.youtube.com/watch?v=QSaWPYb6_6k)
9. He's my Rock, my Sword, my Shield:
(https://www.youtube.com/watch?v=2vpdSseVPM0&feature=youtu.be&fbclid=IwAR0NITM-sbjrwl6cA6tK6wNyCula5NTj6ihi4TseOoQbzuXj4zV_TazAcg)
10. Kumbayah
11. Kumbayah / Jacob's Ladder mash up (<https://www.youtube.com/watch?v=wYkiAFIYqPY>)
12. Sing it Outloud (https://www.youtube.com/watch?v=P5A1t_9F4n8)
13. Sanctuary
14. Grab Another Hand
15. Creation Do Wah Ditty
16. Do All the Good You Can
17. If I Had a Hammer
18. Hallelu
19. I'm Gonna Sing, Pray, Shout
20. The Turkey Song
21. Love
22. I'm Gonna Sing when the Spirit says Sing
23. Pharaoh, Pharaoh (https://www.youtube.com/watch?v=Kn5wfnRU-_8)
24. Siyahumbah/Marching in the Light of God
(<https://www.youtube.com/watch?v=BbqAOJ3SuEQ>)
25. Go Now In Peace

Jesus cooks breakfast
on the beach.

John 21:1-25



Jesus cooks breakfast on the beach.

John 21:1-25

After Jesus died and came back to life, some of Jesus' friends went fishing. They fished all night long, but didn't catch any fish. They were still in their boats on the lake when morning came. As it got light, they could see someone standing on the beach. He called out, "Do you have any fish?"

Jesus' friends answered, "No."

"Throw your net on the right side of the boat and you will find some fish," the man said. When Jesus' friends threw out the net, they caught so many fish that they couldn't pull the net back onto the boat. Peter knew it was Jesus talking to them! Peter jumped into the water and swam to the beach to see Jesus. The others followed in the boat. They towed the net full of fish behind them.

When they got to the shore, they saw that Jesus was cooking breakfast. There was a fire with some fish on it and some bread. Jesus invited them to have breakfast with Him.

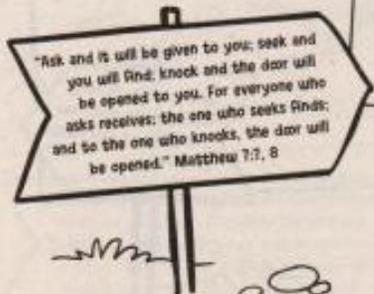
Seek His Ways

Jesus promises that he will be with you if you follow his teachings and invite him into your heart. When you seek the ways of Jesus, you will find love, peace, and joy!



Seek up, down, across, and diagonally for:

- LOVE
- PEACE
- JOY
- FAITH
- GOOD
- CARE
- KIND
- GENTLE
- PATIENT



Learn what the Apostle Paul means by the "fruit of the Spirit": Galatians 5:22, 23