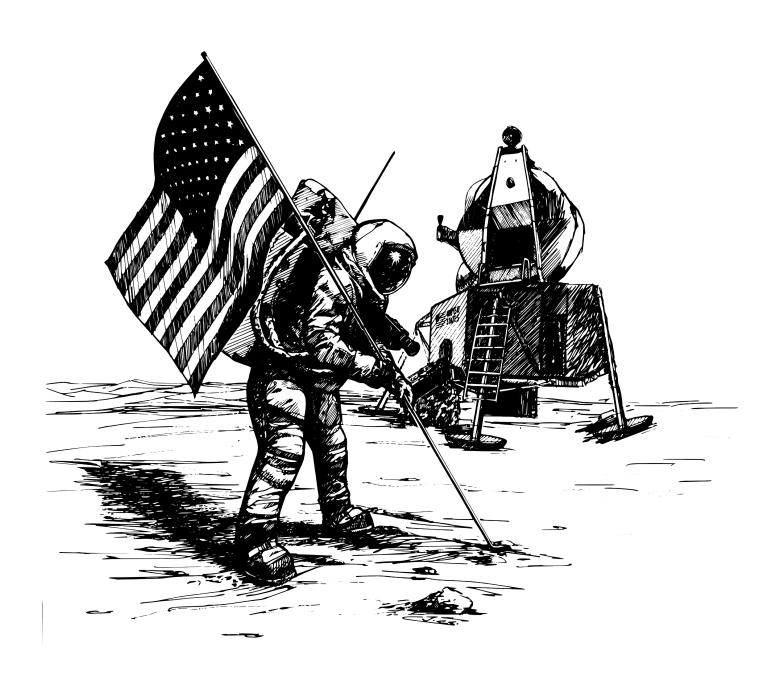
A Gentle Feast

Student Pages



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THANK YOU FOR PURCHASING THE CYCLE 4 MORNING TIME PACKET. I PRAY YOUR MORNINGS WILL BE RICHLY FULL OF BOOKS, BEAUTY, AND BIBLICAL TRUTH.

Blessings, Julie Ross



Psalm 23

- 1 The Lord is my shepherd; I shall not want.
- **2** He makes me lie down in green pastures.

He leads me beside still waters.

3 He restores my soul.

He leads me in paths of righteousness for his name's sake.

4 Even though I walk through the valley of the shadow of death, I will fear no evil,

for you are with me; your rod and your staff, they comfort me.

5 You prepare a table before me in the presence of my enemies; you anoint my head with oil; my cup overflows.

6 Surely goodness and mercy shall follow me all the days of my life, and I shall dwell in the house of the Lord forever.



Joyful, Joyful, We Adore You



Text: Henry van Dyke, alt Tune: Ludwig van Beethoven, arr. by Edward Hodges



87 87D HYMN TO JOY www.hymnary.org/text/joyful_joyful_we_adore_the

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Jesus! What a Friend for Sinners



Text: J. Wilbur Chapman, 1859-1918 Tune: Rowland H. Prichard, 1811-1887



87 87 Refrain
HYFRYDOL
www.hymnary.org/text/jesus_what_a_friend_for_sinners

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After a Bath

by Aileen Fisher

After my bath
I try, try, try
to wipe myself
till I'm dry, dry, dry.

Hands to wipe and fingers and toes and two wet legs and a shiny nose.

Just think how much less time I'd take if I were a dog and could shake, shake, shake.

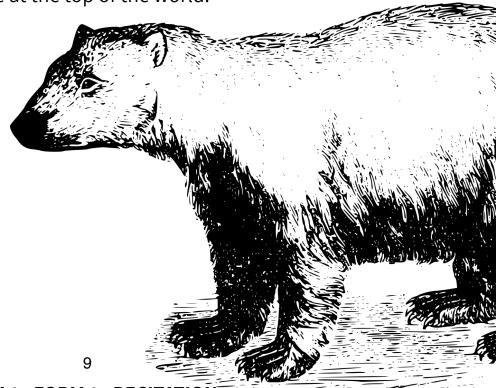
I am a Polar Bear

by Sandy Tuttle

I live North of everywhere.
I live at the top of the world.
The furry white coat
I wear in the snow,
Keeps me warm when it's twenty below!

I am a polar bear.
I live North of everywhere.
I live at the top of the world!
Fishing in the ice,
And swimming in the sea,
Makes living at the North Pole
Perfect for me!

I am a polar bear.
I live North of everywhere.
I live at the top of the world.



TERM 1 - FORM 1 - RECITATION



If I Were an Apple

by Unknown

If I were an apple And grew on a tree, I think I'd drop down On a nice boy like me.

I wouldn't stay there Giving nobody joy, I'd fall down at once And say, "Eat me, my boy!"



My Shadow by Robert Louis Stevenson

I have a little shadow that goes in and out with me, And what can be the use of him is more than I can see. He is very, very like me from the heels up to the head; And I see him jump before me, when I jump into my bed.

The funniest thing about him is the way he likes to grow— Not at all like proper children, which is always very slow; For he sometimes shoots up taller like an india-rubber ball, And he sometimes gets so little that there's none of him at all.

He hasn't got a notion of how children ought to play, And can only make a fool of me in every sort of way. He stays so close beside me, he's a coward you can see; 'd think shame to stick to nursie as that shadow sticks to me!

One morning, very early, before the sun was up, I rose and found the shining dew on every buttercup; But my lazy little shadow, like an arrant sleepy-head, Had stayed at home behind me and was fast asleep in bed.

Friends

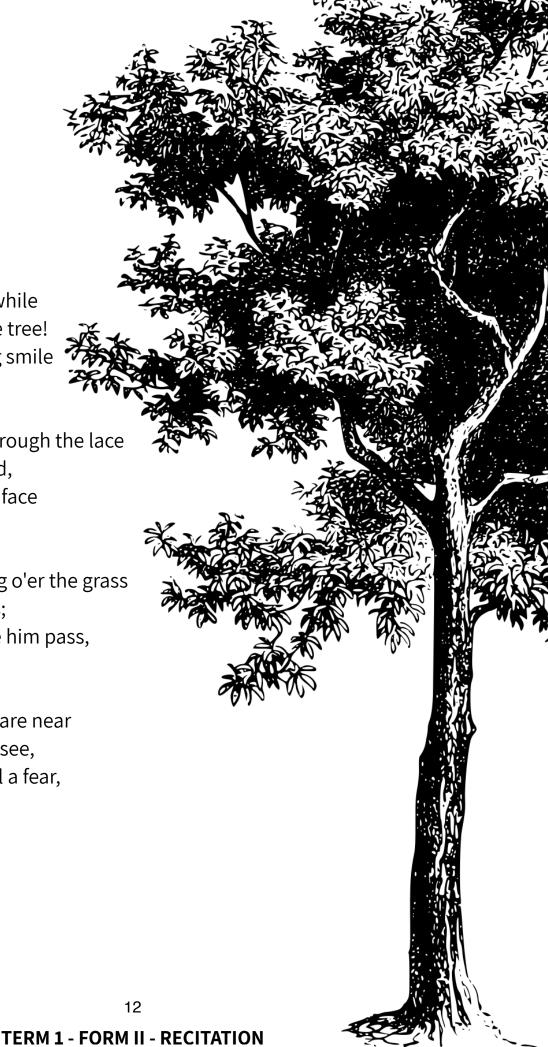
by Abbie Farwell Brown

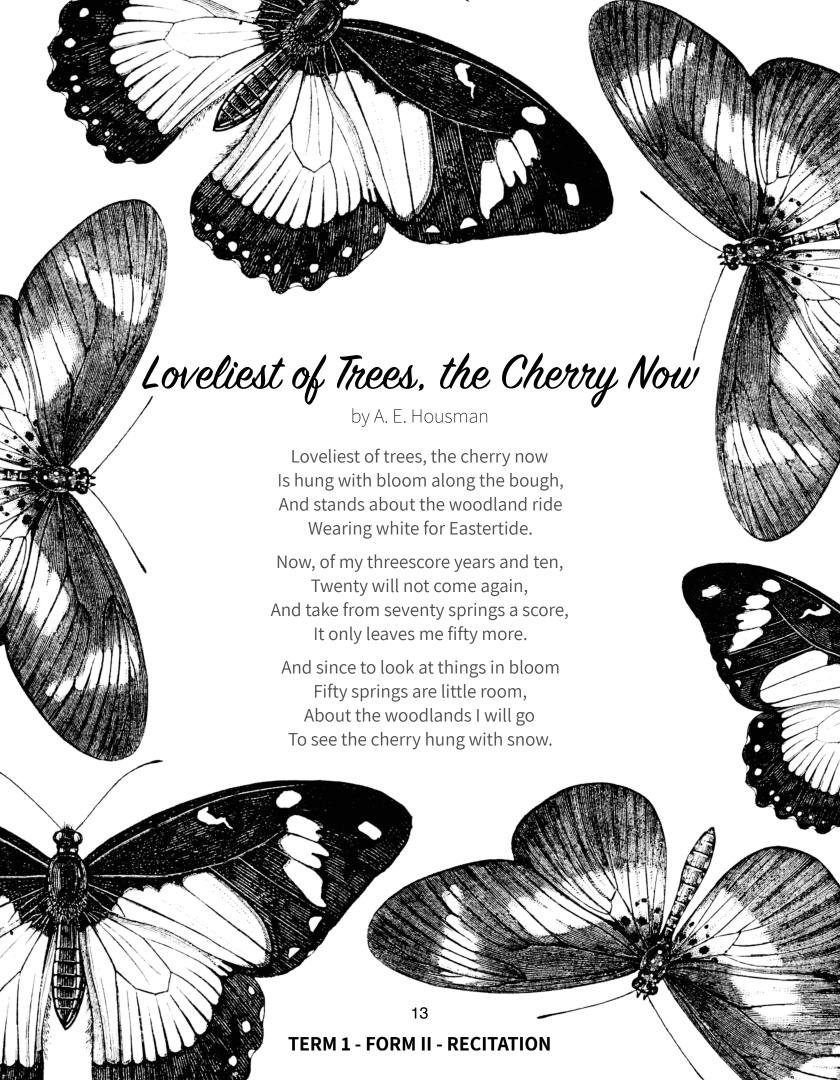
How good to lie a little while And look up through the tree! The Sky is like a kind big smile Bent sweetly over me.

The Sunshine flickers through the lace Of leaves above my head, And kisses me upon the face Like Mother, before bed.

The Wind comes stealing o'er the grass To whisper pretty things; And though I cannot see him pass, I feel his careful wings.

So many gentle Friends are near Whom one can scarcely see, A child should never feel a fear, Wherever he may be.





Caged Bird by Maya Angelou

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https://www.poetryfoundation.org/poems/ 48989/caged-bird

Stopping by Woods on a Snowing Evening

by Robert Fros

Whose woods these are I think I know. His house is in the village though; He will not see me stopping here To watch his woods fill up with snow.

My little horse must think it queer To stop without a farmhouse near Between the woods and frozen lake The darkest evening of the year.

He gives his harness bells a shake To ask if there is some mistake. The only other sound's the sweep Of easy wind and downy flake.

The woods are lovely, dark and deep, But I have promises to keep, And miles to go before I sleep, And miles to go before I sleep.



Arithmetic

by Carl Sandburg

Arithmetic is where numbers fly like pigeons in and out of your head.

Arithmetic tell you how many you lose or win if you know how many you had before you lost or won.

Arithmetic is seven eleven all good children go to heaven -- or five six bundle of sticks.

Arithmetic is numbers you squeeze from your head to your hand to your pencil to your paper till you get the answer.

Arithmetic is where the answer is right and everything is nice and you can look out of the window and see the blue sky -- or the answer is wrong and you have to start all over and try again and see how it comes out this time.

If you take a number and double it and double it again and then double it a few more times, the number gets bigger and bigger and goes higher and higher and only arithmetic can tell you what the number is when you decide to quit doubling.

Arithmetic is where you have to multiply -- and you carry the multiplication table in your head and hope you won't lose it.

If you have two animal crackers, one good and one bad, and you eat one and a striped zebra with streaks all over him eats the other, how many animal crackers will you have if somebody offers you five six seven and you say No no no and you say Nay nay nay and you say Nix nix nix?

If you ask your mother for one fried egg for breakfast and she gives you two fried eggs and you eat both of them, who is better in arithmetic, you or your mother?



Unknown Soldier

by Billy Rose

There's a graveyard near the White House Where the Unknown Soldier lies, And the flowers there are sprinkled With the tears from mother's eyes.

I stood there not so long ago With roses for the brave, And suddenly I heard a voice Speak from out the grave:

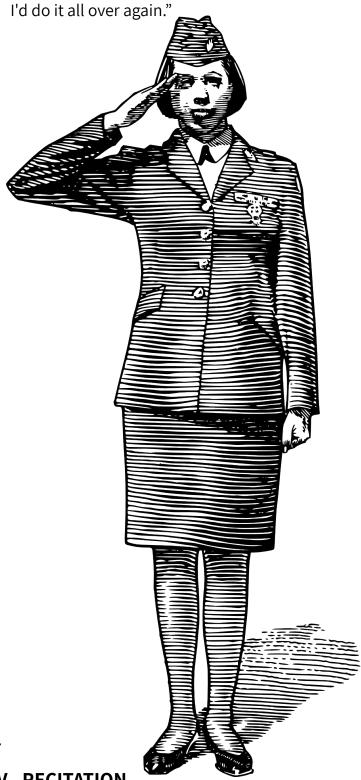
"I am the Unknown Soldier, The spirit voice began "And I think I have the right To ask some questions man to man."

"Are my buddies taken care of? Was their victory so sweet? Is that big reward you offered Selling pencils on the street?"

"Did they really win the freedom
They battled to achieve?
Do you still respect that Croix de Guerre
Above that empty sleeve?"
"Does a gold star in the window
Now mean anything at all?
I wonder how my old girl feels
When she hears a bugle call
"And that baby who sang
Hello, Central, give me no man's land.
Can they replace her daddy
With a military band?"

"I wonder if the profiteers Have satisfied their greed? I wonder if a soldier's mother Ever is in need?" "I wonder if the kings, who planned it all Are really satisfied? They played their game of checkers And eleven million died."

"I am the Unknown Soldier And maybe I died in vain, But if I were alive and my country called, I'd do it all over again."





by Robert Frost

You were forever finding some new play. So when I saw you down on hands and knees In the meadow, busy with the new-cut hay,

I rying, I thought, to set it up on end,
I went to show you how to make it stay,
If that was your idea, against the breeze,
And, if you asked me, even help pretend
To make it root again and grow afresh.

But 'twas no make-believe with you to-day, Nor was the grass itself your real concern, Though I found your hand full of wilted fern, Steel-bright June-grass, and blackening heads of clover.

'Twas a nest full of young birds on the ground
The cutter-bar had just gone champing over
(Miraculously without tasting flesh)
And left defenseless to the heat and light.
You wanted to restore them to their right
Of something interposed between their sight

And too much world at once-could means be found.

The way the nest-full every time we stirred

Stood up to us as to a mother-bird

Whose coming home has been too long deferred.

Whose coming home has been too long deferred, Made me ask would the mother-bird return And care for them in such a change of scene And might our meddling make her more afraid.

That was a thing we could not wait to learn.....

We saw the risk we took in doing good, But dared not spare to do the best we could Though harm should come of it; so built the screen

You had begun, and gave them back their shade.

All this to prove we cared. Why is there then No more to tell? We turned to other things.

I haven't any memory-have you?-Of ever coming to the place again

To see if the birds lived the first night through,
And so at last to learn to use their wings.



2 The people who walked in darkness have seen a great light; those who dwelt in a land of deep darkness, on them has light shone.

- 3 You have multiplied the nation; you have increased its joy; they rejoice before you as with joy at the harvest, as they are glad when they divide the spoil.
- **4** For the yoke of his burden, and the staff for his shoulder, the rod of his oppressor, you have broken as on the day of Midian.
- **5** For every boot of the tramping warrior in battle tumult and every garment rolled in blood will be burned as fuel for the fire.
- 6 For to us a child is born,
 to us a son is given;
 and the government shall be upon his shoulder,
 and his name shall be called
 Wonderful Counselor, Mighty God,
 Everlasting Father, Prince of Peace.
 7 Of the increase of his government and of peace
- there will be no end,
 on the throne of David and over his kingdom,
 to establish it and to uphold it
 with justice and with righteousness
 from this time forth and forevermore.
- The zeal of the Lord of hosts will do this.



I Surrender All









Text: Judson W. Van DeVenter, 1855-1939 Tune: Winfield S. Weeden, 1847-1908



87 87 Refrain SURRENDER www.hymnary.org/text/all_to_jesus_i_surrender

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This Is My Father's World



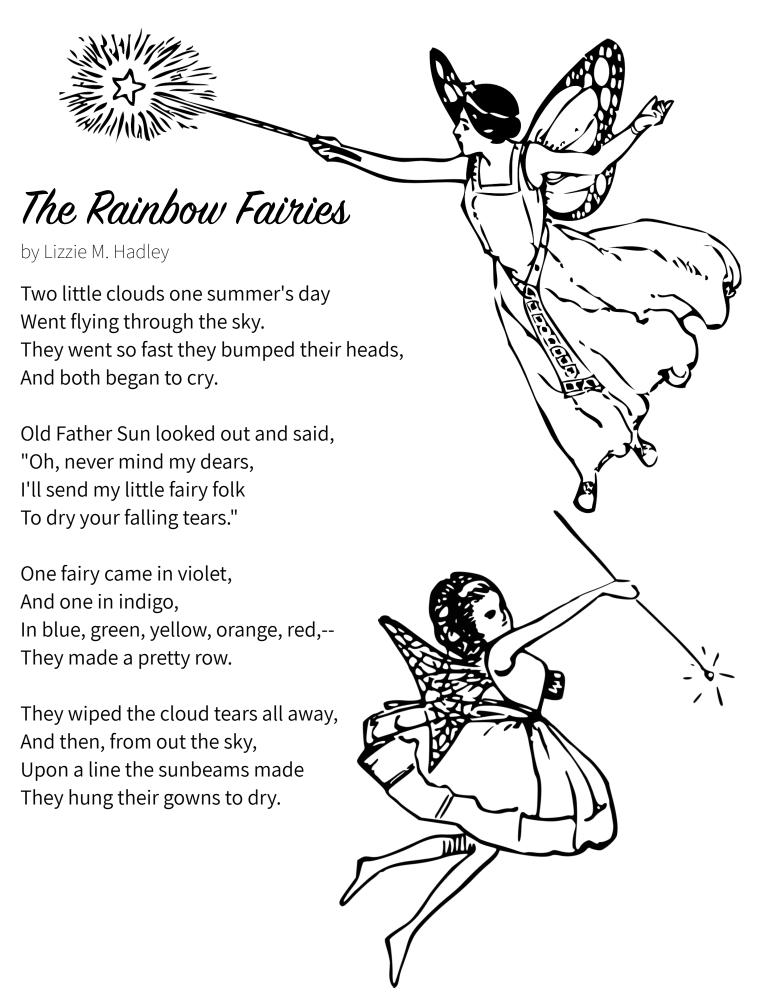
Text: Maltbie D. Babcock (1858-1901) Tune: Franklin L. Sheppard (1852-1930)

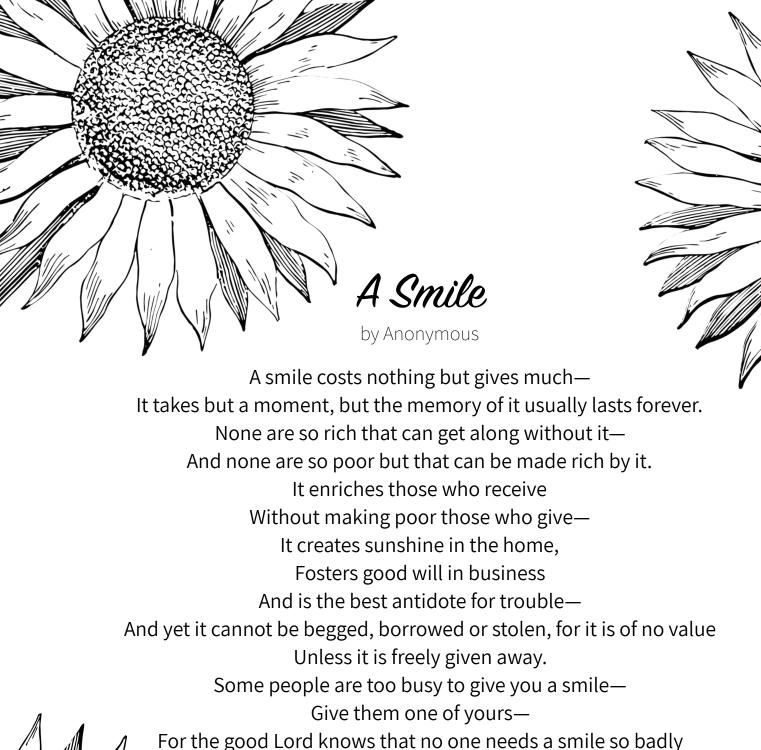


66 86D TERRA BEATA

www.hymnary.org/text/this_is_my_fathers_world_and_to_my

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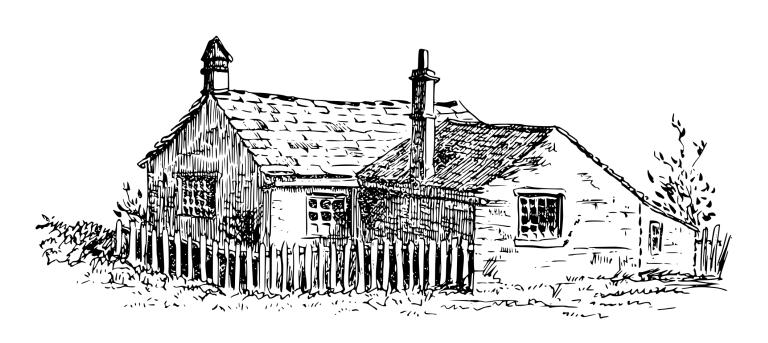
For the good Lord knows that no one needs a smile so
As he or she who has no more smiles left to give.

23

TERM 2 - FORM 1 - RECITATION

A Happy Child by Kate Greenaway

My house is red—a little house, A happy child am I, I laugh and play the livelong day, I hardly ever cry. I have a tree, a green, green tree, To shade me from the sun; And under it I often sit, When all my work is done. My little basket I will take, And trip into the town; When next I'm there I'll buy some cake, And spend my bright half-crown.



The Sugar-Plum Tree by Eugene Field

Have you ever heard of the Sugar-Plum Tree? 'Tis a marvel of great renown! It blooms on the shore of the Lollypop sea In the garden of Shut-Eye Town; The fruit that it bears is so wondrously sweet (As those who have tasted it say) That good little children have only to eat Of that fruit to be happy next day.

When you've got to the tree, you would have a hard time To capture the fruit which I sing; The tree is so tall that no person could climb To the boughs where the sugar-plums swing! But up in that tree sits a chocolate cat, And a gingerbread dog prowls below -And this is the way you contrive to get at Those sugar-plums tempting you so:

You say but the word to that gingerbread dog And he barks with such terrible zest That the chocolate cat is at once all agog, As her swelling proportions attest. And the chocolate cat goes cavorting around From this leafy limb unto that, And the sugar-plums tumble, of course, to the ground -Hurrah for that chocolate cat!

There are marshmallows, gumdrops, and peppermint canes, With stripings of scarlet or gold, And you carry away of the treasure that rains, As much as your apron can hold! So come, little child, cuddle closer to me In your dainty white nightcap and gown, And I'll rock you away to that Sugar-Plum Tree In the garden of Shut-Eye Town.

25





A Christmas Carol

by G.K.Chesterton

The Christ-child lay on Mary's lap,
His hair was like a light.
(O weary, weary were the world,
But here is all aright.)

The Christ-child lay on Mary's breast
His hair was like a star.
(O stern and cunning are the kings,
But here the true hearts are.)

The Christ-child lay on Mary's heart,

His hair was like a fire.

(O weary, weary is the world,

But here the world's desire.)

The Christ-child stood on Mary's knee,

His hair was like a crown,

And all the flowers looked up at Him,

And all the stars looked down

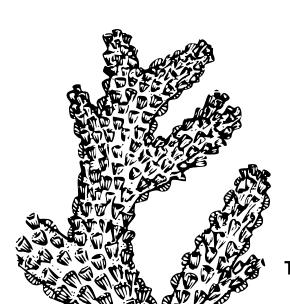
TERM 2 - FORM II - RECITATION



I must go down to the seas again, to the lonely sea and the sky,
And all I ask is a tall ship and a star to steer her by;
And the wheel's kick and the wind's song and the white sail's shaking,
And a grey mist on the sea's face, and a grey dawn breaking.

I must go down to the seas again, for the call of the running tide
Is a wild call and a clear call that may not be denied;
And all I ask is a windy day with the white clouds flying,
And the flung spray and the blown spume, and the sea-gulls crying.

I must go down to the seas again, to the vagrant gypsy life,
To the gull's way and the whale's way where the wind's like a whetted knife;
And all I ask is a merry yarn from a laughing fellow-rover,
And quiet sleep and a sweet dream when the long trick's over.





The Hunting of the Dragon

by G.K. Chesterton

When we went hunting the Dragon
In the days when we were young,
We tossed the bright world over our shoulder
As bugle and baldrick slung;
Never was world so wild and fair
As what went by on the wind,
Never such fields of paradise
As the fields we left behind:

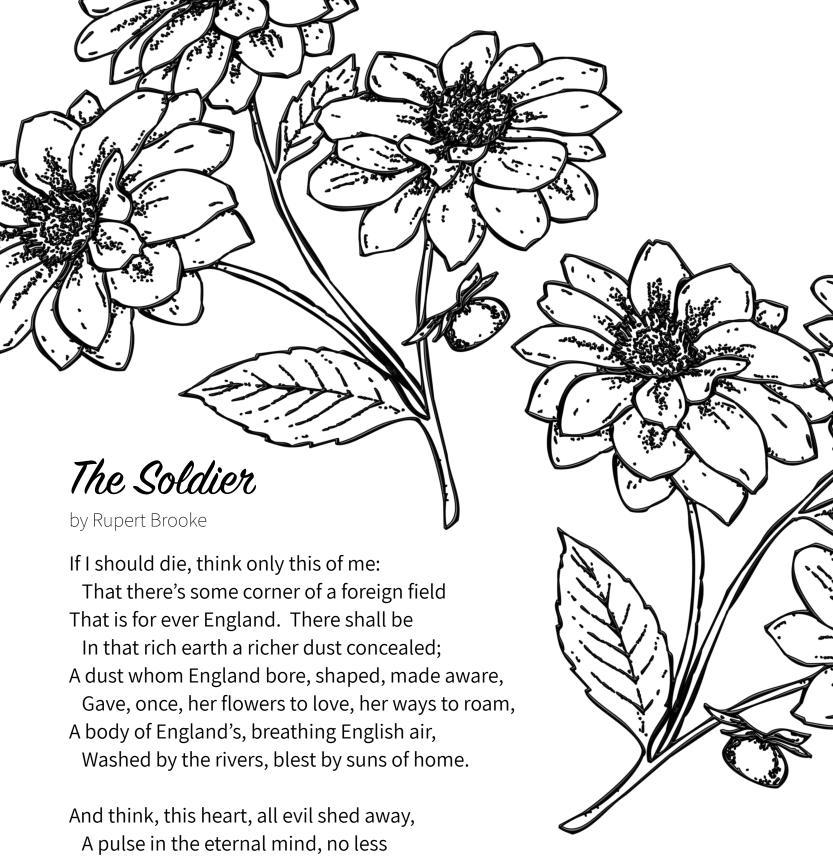
For this is the best of a rest for men
That men should rise and ride
Making a flying fairyland
Of market and country-side,
Wings on the cottage, wings on the wood,
Wings upon pot and pan,
For the hunting of the Dragon
That is the life of a man.

For men grow weary of fairyland
When the Dragon is a dream,
And tire of the talking bird in the tree,
The singing fish in the stream;
And the wandering stars grow stale, grow stale,
And the wonder is stiff with scorn;
For this is the honour of fairyland
And the following of the horn;

Beauty on beauty called us back
When we could rise and ride,
And a woman looked out of every window
As wonderful as a bride:.....
And the tavern-sign as a tabard blazed,
And the children cheered and ran,
For the love of the hate of the Dragon
That is the pride of a man

The sages called him a shadow
And the light went out of the sun:
And the wise men told us that all was well
And all was weary and one:
And then, and then, in the quiet garden,
With never a weed to kill,
We knew that his shining tail had shone
In the white road over the hill:
We knew that the clouds were flakes of flame,
We knew that the sunset fire
Was red with the blood of the Dragon
Whose death is the world's desire.

For the horn was blown in the heart of the night
That men should rise and ride,
Keeping the tryst of a terrible jest
Never for long untried;
Drinking a dreadful blood for wine,
Never in cup or can,
The death of a deathless Dragon,
That is the life of a man.



And think, this heart, all evil shed away,

A pulse in the eternal mind, no less

Gives somewhere back the thoughts by England given;

Her sights and sounds; dreams happy as her day;

And laughter, learnt of friends; and gentleness,

In hearts at peace, under an English heaven.

Lady Macbeth

in Macbeth

Is this a dagger which I see before me, The handle toward my hand? Come, let me clutch thee. I have thee not, and yet I see thee still. Art thou not, fatal vision, sensible To feeling as to sight? or art thou but A dagger of the mind, a false creation, Proceeding from the heat-oppressed brain? I see thee yet, in form as palpable As this which now I draw. Thou marshall'st me the way that I was going; And such an instrument I was to use. Mine eyes are made the fools o' the other senses. Or else worth all the rest; I see thee still, And on thy blade and dudgeon gouts of blood, Which was not so before. There's no such thing: It is the bloody business which informs Thus to mine eyes. Now o'er the one halfworld Nature seems dead, and wicked dreams abuse The curtain'd sleep; witchcraft celebrates Pale Hecate's offerings, and wither'd murder, Alarum'd by his sentinel, the wolf, Whose howl's his watch, thus with his stealthy pace. With Tarquin's ravishing strides, towards his design Moves like a ghost. Thou sure and firm-set earth, Hear not my steps, which way they walk, for fear Thy very stones prate of my whereabout, And take the present horror from the time, Which now suits with it. Whiles I threat, he lives: Words to the heat of deeds too cold breath gives. [A bell rings] I go, and it is done; the bell invites me. Hear it not, Duncan; for it is a knell That summons thee to heaven or to hell.



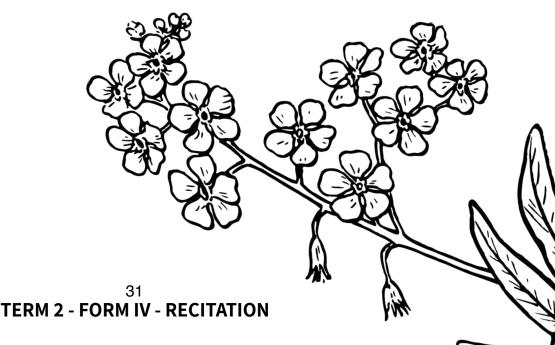
Prospero

in The Tempest

In this last tempest. I perceive these lords At this encounter do so much admire That they devour their reason and scarce think Their eyes do offices of truth, their words Are natural breath: but, howsoe'er you have Been justled from your senses, know for certain That I am Prospero and that very duke Which was thrust forth of Milan, who most strangely Upon this shore, where you were wreck'd, was landed, To be the lord on't. No more yet of this; For 'tis a chronicle of day by day, Not a relation for a breakfast nor Befitting this first meeting. Welcome, sir; This cell's my court: here have I few attendants And subjects none abroad: pray you, look in. My dukedom since you have given me again, I will requite you with as good a thing; At least bring forth a wonder, to content ye As much as me my dukedom.









Exodus 20:1-17

- 1 And God spoke all these words, saying,
- **2** "I am the Lord your God, who brought you out of the land of Egypt, out of the house of slavery.
- **3** "You shall have no other gods before me.
- **4** "You shall not make for yourself a carved image, or any likeness of anything that is in heaven above, or that is in the earth beneath, or that is in the water under the earth. **5** You shall not bow down to them or serve them, for I the Lord your God am a jealous God, visiting the iniquity of the fathers on the children to the third and the fourth generation of those who hate me, **6** but showing steadfast love to thousands of those who love me and keep my commandments.
- **7** "You shall not take the name of the Lord your God in vain, for the Lord will not hold him guiltless who takes his name in vain.
- **8** "Remember the Sabbath day, to keep it holy. **9** Six days you shall labor, and do all your work, **10** but the seventh day is a Sabbath to the Lord your God. On it you shall not do any work, you, or your son, or your daughter, your male servant, or your female servant, or your livestock, or the sojourner who is within your gates. **11** For in six days the Lord made heaven and earth, the sea, and all that is in them, and rested on the seventh day. Therefore the Lord blessed the Sabbath day and made it holy.
- **12** "Honor your father and your mother, that your days may be long in the land that the Lord your God is giving you.
- 13 "You shall not murder.
- **14** "You shall not commit adultery.
- 15 "You shall not steal.
- **16** "You shall not bear false witness against your neighbor.
- **17** "You shall not covet your neighbor's house; you shall not covet your neighbor's wife, or his male servant, or his female servant, or his ox, or his donkey, or anything that is your neighbor's."



Great is Thy Faithfulness

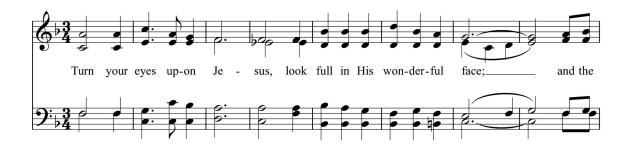
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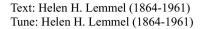
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Turn Your Eyes upon Jesus



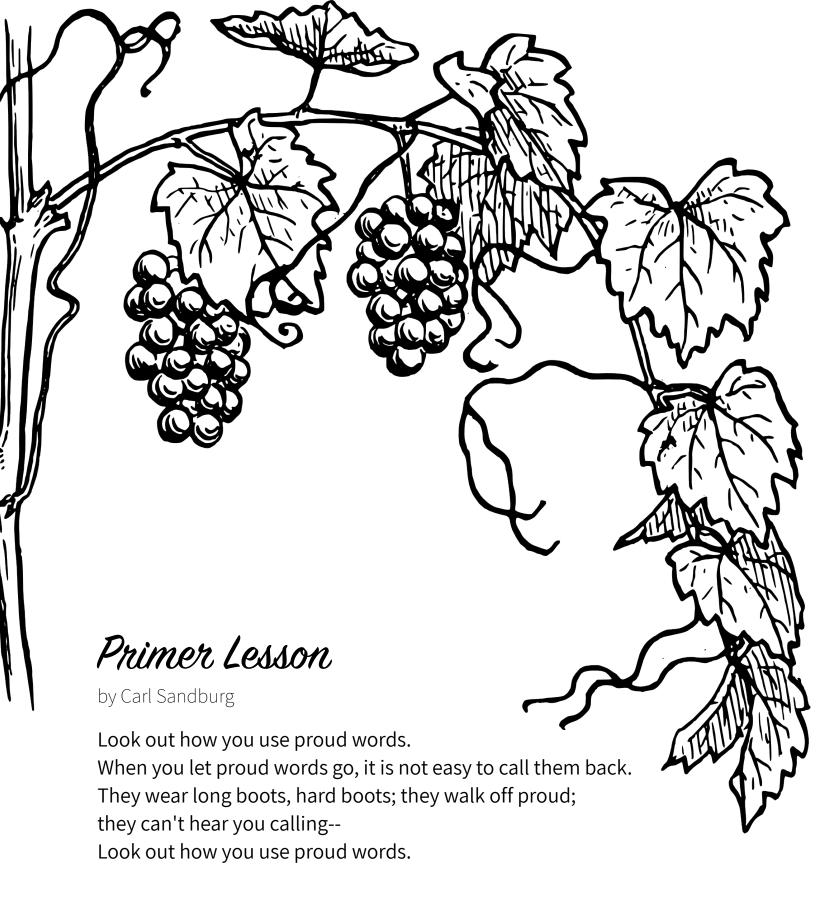


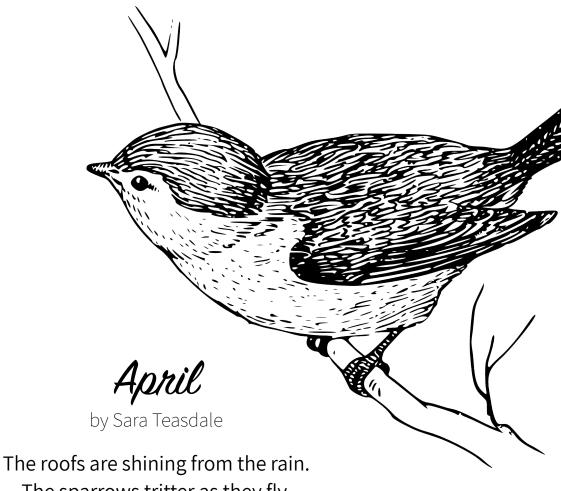




Irregular
[TURN YOUR EYES UPON JESUS]
www.hymnary.org/text/o_soul_are_you_weary_and_troubled

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The roofs are shining from the rain
The sparrows tritter as they fly,
And with a windy April grace
The little clouds go by.

Yet the back-yards are bare and brown
With only one unchanging tree-I could not be so sure of Spring
Save that it sings in me.

May Night by Sara Teasdale

The spring is fresh and fearless And every leaf is new, The world is brimmed with moonlight, The lilac brimmed with dew.

Here in the moving shadows I catch my breath and sing--My heart is fresh and fearless And over-brimmed with spring.



Father in Heaven We Thank Thee

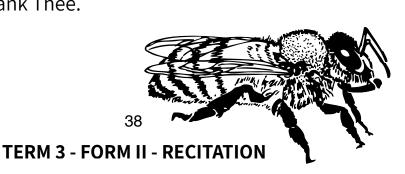
by Ralph Waldo Emerson

For flowers that bloom about our feet, For tender grass so fresh, so sweet, For the song of bird and hum of bee, For all things fair we hear or see, Father in heaven, we thank Thee.

For blue of stream and blue of sky, For pleasant shade of branches high, For fragrant air and cooling breeze, For beauty of the blooming trees, Father in heaven, we thank Thee.

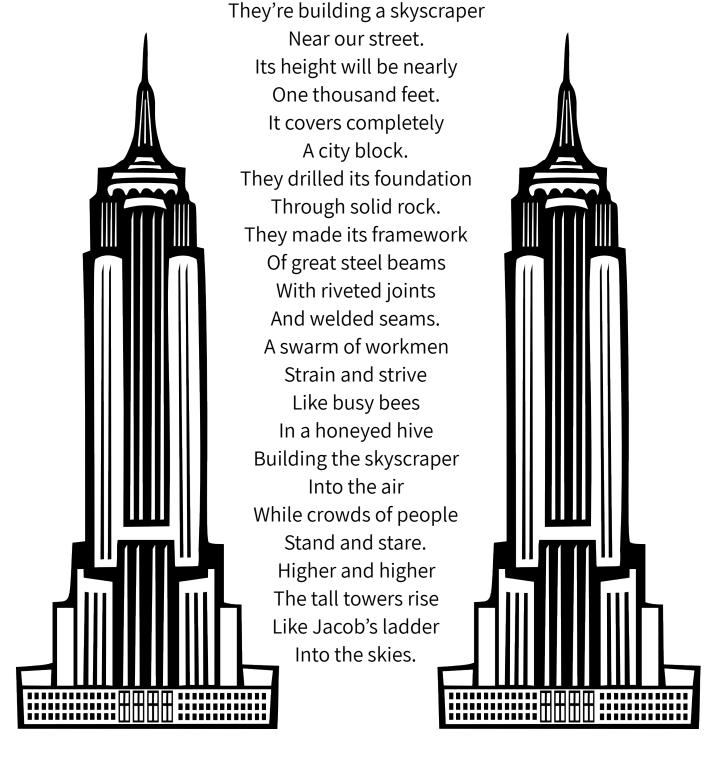
For mother-love and father-care,
For brothers strong and sisters fair,
For love at home and school each day,
For guidance lest we go astray,
Father in heaven, we thank Thee.

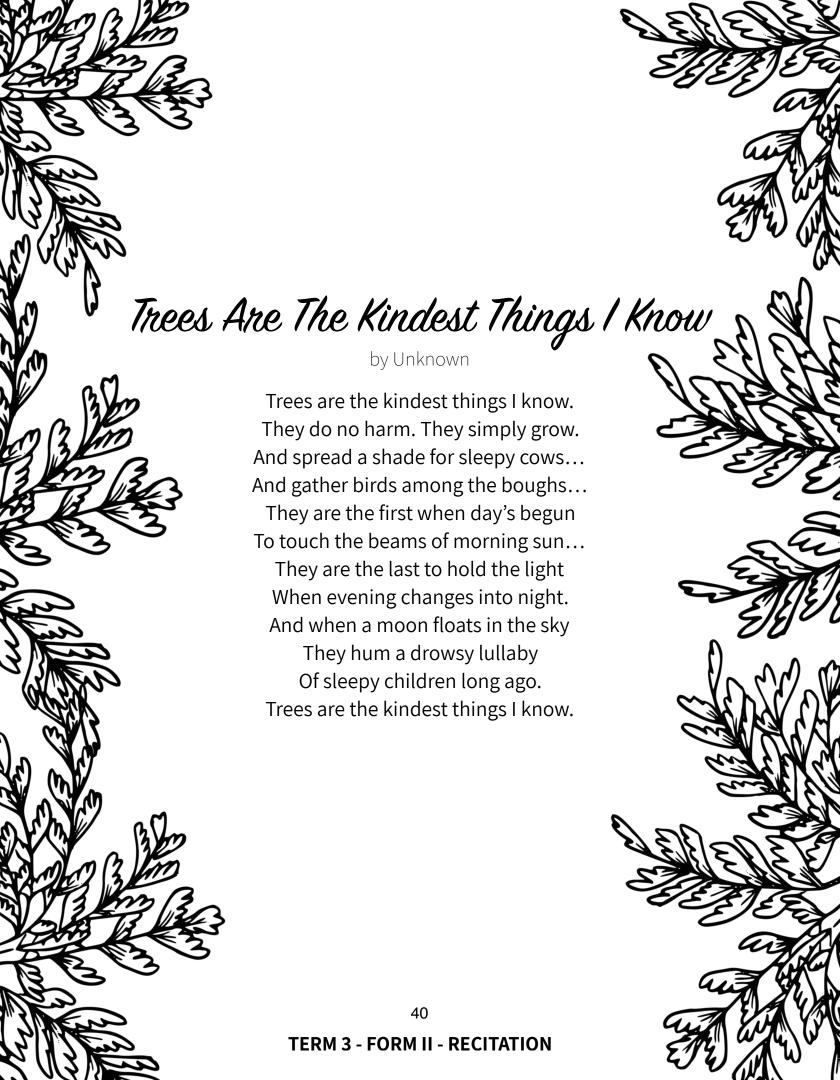
For this new morning with its light,
For rest and shelter of the night,
For health and food, for love and friends,
For everything Thy goodness sends,
Father in heaven, we thank Thee.



Building a Skyscraper

James S. Tippett







The Snow Man

by Wallace Stevens

One must have a mind of winter To regard the frost and the boughs Of the pine-trees crusted with snow;

And have been cold a long time
To behold the junipers shagged with ice,
The spruces rough in the distant glitter

Of the January sun; and not to think Of any misery in the sound of the wind, In the sound of a few leaves,

Which is the sound of the land Full of the same wind That is blowing in the same bare place

For the listener, who listens in the snow, And, nothing himself, beholds Nothing that is not there and the nothing that is.

Women

By Alice Walker

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Goblin Feet

by Tolkien, 1916

I am off down the road Where the fairy lanterns glowed And the little pretty flitter-mice are flying; A slender band of gray

It runs creepily away

And the hedges and the grasses are a-sighing.

The air is full of wings,

And of blundery beetle-things

That warn you with their whirring and their humming.

O! I hear the tiny horns

Of enchanted leprechauns

And the padded feet of many gnomes a-coming!

O! the lights! O! the gleams! O! the little twinkly sounds!

O! the rustle of their noiseless little robes!

O! the echo of their feet — of their happy little feet!

O! the swinging lamps in the starlit globes.

I must follow in their train

Down the crooked fairy lane

Where the coney-rabbits long ago have gone.

And where silvery they sing

In a moving moonlit ring

All a twinkle with the jewels they have on.

They are fading round the turn

Where the glow worms palely burn

And the echo of their padding feet is dying!

O! it's knocking at my heart—

Let me go! let me start!

For the little magic hours are all a-flying.

O! the warmth! O! the hum! O! the colors in the dark!

O! the gauzy wings of golden honey-flies!

O! the music of their feet — of their dancing goblin feet!

O! the magic! O! the sorrow when it dies.



Fight Them on the Beaches

Winston Churchill

I have, myself, full confidence that if all do their duty, if nothing is neglected, and if the best arrangements are made, as they are being made, we shall prove ourselves once again able to defend our Island home, to ride out the storm of war, and to outlive the menace of tyranny, if necessary for years, if necessary alone. At any rate, that is what we are going to try to do. That is the resolve of His Majesty's Government-every man of them. That is the will of Parliament and the nation. The British Empire and the French Republic, linked together in their cause and in their need, will defend to the death their native soil, aiding each other like good comrades to the utmost of their strength. Even though large tracts of Europe and many old and famous States have fallen or may fall into the grip of the Gestapo and all the odious apparatus of Nazi rule, we shall not flag or fail. We shall go on to the end, we shall fight in France, we shall fight on the seas and oceans, we shall fight with growing confidence and growing strength in the air, we shall defend our Island, whatever the cost may be, we shall fight on the beaches, we shall fight on the landing grounds, we shall fight in the fields and in the streets, we shall fight in the hills; we shall never surrender, and even if, which I do not for a moment believe, this Island or a large part of it were subjugated and starving, then our Empire beyond the seas, armed and guarded by the British Fleet, would carry on the struggle, until, in God's good time, the New World, with all its power and might, steps forth to the rescue and the liberation of the old.





1 Have a Dream

Martin Luther King Jr.

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You can access a copy here: https://www.archives.gov/files/press/exhibits/dream-speech.pdf

You can watch the video of the speech here: https://youtu.be/ARvrvJV4th4

