



Intergenerational Summer Sunday School Arts & Faith *creative expressions of faith*

Activity Suggestions for Sunday, June 7 (Matthew 5:1-16)

* If you feel inspired, videotape yourselves singing or moving or send your poem to the church. We will be including these in our summer worship. Let's share our creativity with each other!

1. Create poetry

Write a "word cinquain" (type of poetry) on the subject of salt and light. Here are the directions followed by an example:

5 lines

- 1) Title (1 word) salt or light
- 2) Description of title (2 words)
- 3) Action about title (3 words)
- 4) Feeling about title (4 words)
- 5) Synonym for title (1 word)

Example:

Light
Bright color
Opens my eyes
I feel wide awake
Radiance

2. Creating new verses for This Little Light of Mine

Sing This Little Light of Mine and create new verses about how we are learning new ways of treating each other, particularly our brothers, sisters, family members and neighbors of color. How can we shine our light by listening more and working together for change? And how does singing help us remain hopeful and joyful, even when we are experiencing difficult times?

3. Noting the Change of Light During the Day

Visual exercise of looking at the world around you- picking an object in your yard (tree, flower, bush), and look at several times during the day- morning, afternoon, evening. Notice the change in appearance of the object you've chosen. What looks different from morning until night?

4. Blind Mirror Exercise

Mirroring is a theater exercise for two people in which one partner silently mirrors the movement of the other. The goal for both participants is to move together in such a way that someone watching could not tell who is leading. For the parable of the salt and light, we will try a variation called the Blind Mirror exercise.

Stand at least 4 feet apart facing one another. You can verbally decide who will be the leader before you begin, or you can negotiate this decision silently once you've begun. Proceed to mirror the movement of the leader for at least two minutes. At some point after the two-minute mark, both partners close their eyes and continue the mirror. After 1-2 minutes, both partners open their eyes. Notice how each other have moved, and slowly bring your movement back into sync. To end the mirror, the leader should move back to a neutral standing position. If you would like to, repeat the exercise with the leader and follower roles reversed.

Tips:

1. It is best to have a third person to indicate when partners should close their eyes and open them again, but the same effect can be achieved by setting a series of timers. If that is also unavailable, the leader can announce when to close and open eyes.
2. If standing is difficult, this exercise can also be done sitting in chairs.
3. If you and your partner need to maintain social distance this exercise can also be done with partners standing 6 or more feet apart.
4. For an extra challenge, this exercise can be done with 3 to 4 people standing in a triangle or diamond. (Still only one leader.)

Reflection:

After you conclude the exercise, discuss:

- How did it feel to follow? How did it feel to lead?
- How did those feelings change when you could no longer see?
- What did you feel when you opened your eyes again to see how close (or not) your movements were?
- How did you negotiate bringing your movement back into sync?

Jesus' parables about salt, light, and the city on the hill all indicate that we are to bear witness to God's kingdom in the way we live our lives. Just as it is difficult to maintain a mirror without being able to see, it is difficult for others to experience God's love and grace if they are unable to see it in the actions of the church and its members.