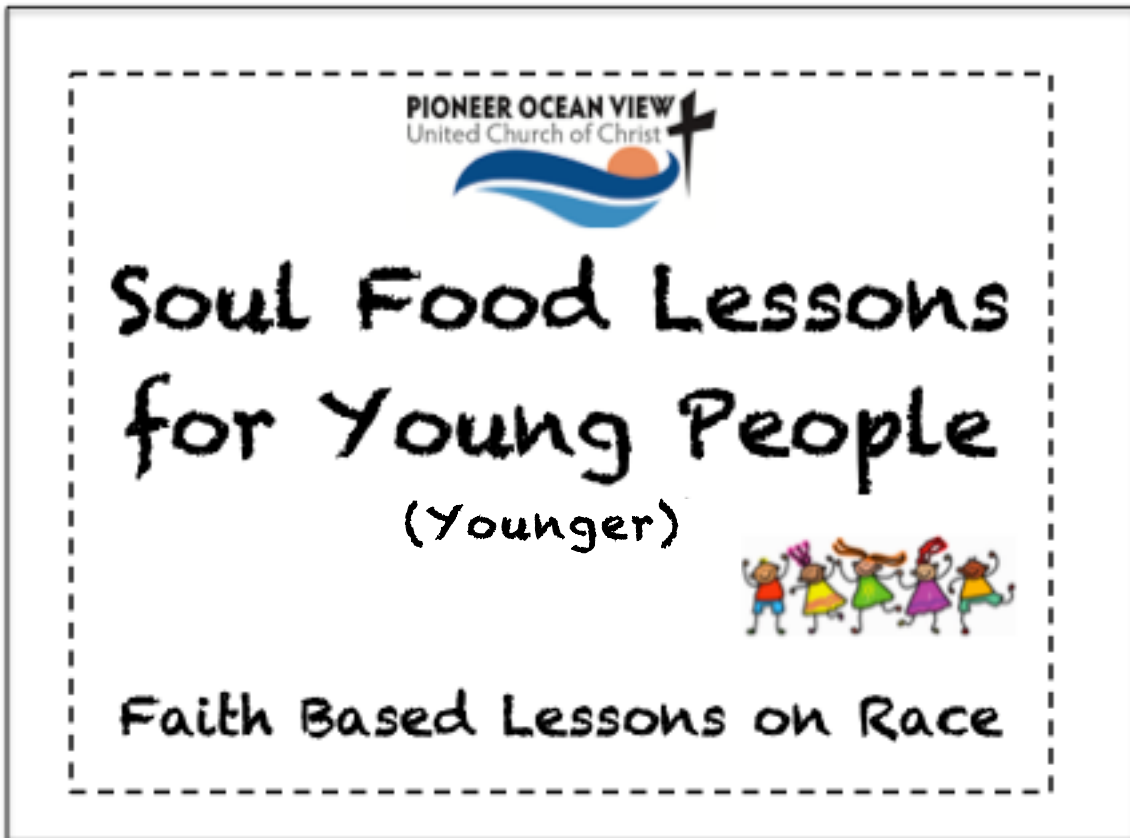


# Soul Food Lessons for Families

Summer Worship Lessons on Race

Younger



The POVUCC Board of Christian Education has put together the following faith based anti-racism lessons to help families think about and discuss what is truly in God's heart regarding race and racism.

A special thank you to Kenya Bohn and Jillian Kodama for their work on writing these important lessons.

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Note to parents: Some of the topics and situation that are occurring today, are very hard for children. To help children to manage their emotions: Sesame Street: Common and Colbie Caillat- WATCH=> [https://www.youtube.com/watch?v=\\_mZbzDOpylA](https://www.youtube.com/watch?v=_mZbzDOpylA)with Elmo.

## Lesson 1: God Loves and Welcomes Everyone

**Message:** As children of God, we are people who gladly welcome others in the name of Christ. We want to communicate God's love to all people, and let them know they are valued and cared about. Just like in the UCC, "No matter who you are or where you are on life's journey, you are welcomed here."

**Bible Passage:** Galatians 3:28

*"There is neither Jew nor Greek, there is neither slave nor free, there is no male and female, for you are all one in Christ Jesus."*

This verse epitomizes God's welcoming attitude. This reminder was written to the early church. It went against their culture to welcome people different from themselves (Greeks, slaves, etc.) – just like in today's world, there are some people we might find it hard to welcome based on our cultural expectations. But if someone is a believer in Christ, they are the same as we are, and should be welcomed.

### Children's Prayer Moment

Dear God, Thank you for welcoming us into your family We know that you value and care for all people Help us to be welcoming to others And to demonstrate your love to those in our lives. Thank you for your love We love you, God! In Jesus name, Amen!

**Activity:** What are some examples of "Welcome" signs? Examples: welcome banners; welcome mats; the Statue of Liberty/Ellis Island; modern immigrant processing center or refugee area; red carpet; church (Welcome mats, Elis Island, "Open Signs", etc. ) What are some ways that we know that all are welcome in our community? This is an opportunity to discuss, "Open/Closed". For older children, if they are ready you can discuss "Colors Only. Whites Only", "No Irish", "No Japanese", "No Chinese", "Don't ask. Don't tell".

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**Attached:** "All Are Welcome Here" coloring worksheet. NOTE: The Church also has signs available. See Nancy Shimamoto (Nkshimamoto@gmail.com)

**Song:** All Are Welcome Here:

WATCH=➔"<https://www.youtube.com/watch?v=ucu5SMhgofA&feature=youtu.be>"  
[performed by Andy Riggs](#)

**Video:**

Together, CNN and Sesame Street hosted a child friendly town hall on face. This first episode is a great introduction on the current climate of our country on race, Black Lives Matter, protesting, and rally signs.

WATCH=➔[https://www.youtube.com/watch?v=TGJXR-EVYVs&ab\\_channel=SesameStreetInCommunities](https://www.youtube.com/watch?v=TGJXR-EVYVs&ab_channel=SesameStreetInCommunities)

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## **Lesson 2: It's a Small World Part I**

**Message:** God has created many people to make one beautiful world. Just as you are one person, with different parts; arms, legs, nose, ears, etc. There many different people, languages, foods, but WE are ALL ONE FAMILY in the eyes of God!

**Bible Passage:** Corinthians 12:12-27

***12 There is one body, but it has many parts.** But all its many parts make up one body. It is the same with Christ. **13** We were all baptized by one Holy Spirit. And so we are formed into one body. It didn't matter whether we were Jews or Gentiles, slaves or free people. We were all given the same Spirit to drink. **14 So the body is not made up of just one part. It has many parts.***

**Activity:** Put the child cut out together and draw a face.

God gave us **EARS** to hear His word, **EYES** to witness, a **NOSE** to enjoy all the smells of food, flowers, soap, etc., a **MOUTH** to say "**I love you**", **LEGS** to run where God needs us, **ARMS** to give hugs.

**Video:** Part Two of the Sesame Street Town Hall on Race

WATCH => <https://www.youtube.com/watch?v=g5WaGAYj5Zs>

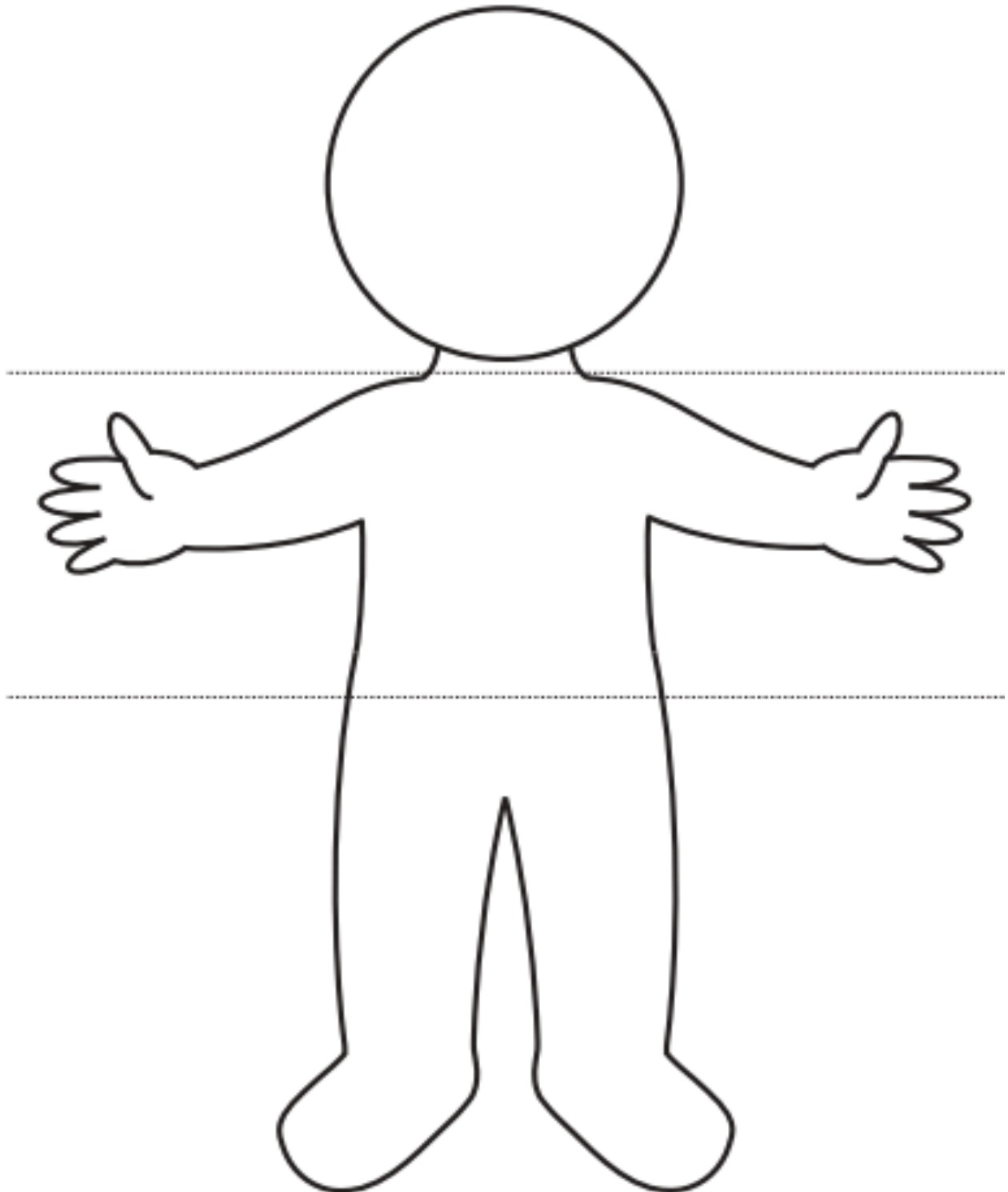
**Children's Prayer Moment:**

Dear God, Thank you for loving us. Thank you for helping us show love to others.  
Thank you that you love everybody! We love you back! Amen.

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## Lesson 3: It's a Small World Part II

**Message:** There is only one God, and He has created a world of love full of many people. We are not the same. Just like an orchestra is made up of different instruments, a garden, a rainbow. God filled the world with different people, from many different place. Some places are close to San Diego, and some countries that are far away.

**Bible Passage:** Leviticus 19:33–34

<sup>33</sup> “When an immigrant resides among you in your land, do not mistreat them. <sup>34</sup> The immigrant residing among you must be treated as your native-born. Love them as yourself, for you were an immigrant in Egypt. I am the LORD your God.”

This passage references back to when Moses and the Jewish slaves fled Egypt for the promise land. Just as today, there are many immigrants seeking shelter, safety, work and opportunity in San Diego as a boarder city, the United States as a whole, and globally where they can seek refuge.

### **Children's Prayer Moment:**

Dear God, Thank you for creating so many beautiful colors of people. Thank you for creating a world that is exciting and allows me to explore and learn from others. Amen.

### **Activity:**

Paper Doll Chain: In Christchurch, New Zealand mosque shooting, children struggle to understand why. The Paper Doll Project, is the idea of two children on how to heal and understand that God created many nationalities. Read the full article

READ => <https://educationcentral.co.nz/the-paper-doll-project-why-the-christchurch-mosque-shootings-wont-define-kiwi-values/>

As a teachable moment, where is your family from? Parents, grandparents, or those that were first to arrive to this country.

**See attachment:** Paper Doll Project, Rainbow and Continent worksheet, tag the countries that your family was from.

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## **Videos:**

**FIELD TRIP:** With all of us in the house, let's take a little field trip to *Disneyland*. Grab a couple of chairs and place them in front of the computer or TV screen and go on the It's a Small World Ride :

WATCH→[https://www.youtube.com/watch?v=7tbm4Au3dZ0&ab\\_channel=ithemepark](https://www.youtube.com/watch?v=7tbm4Au3dZ0&ab_channel=ithemepark)

Another fun video to watch from Animaniacs that names all the countries of the world:

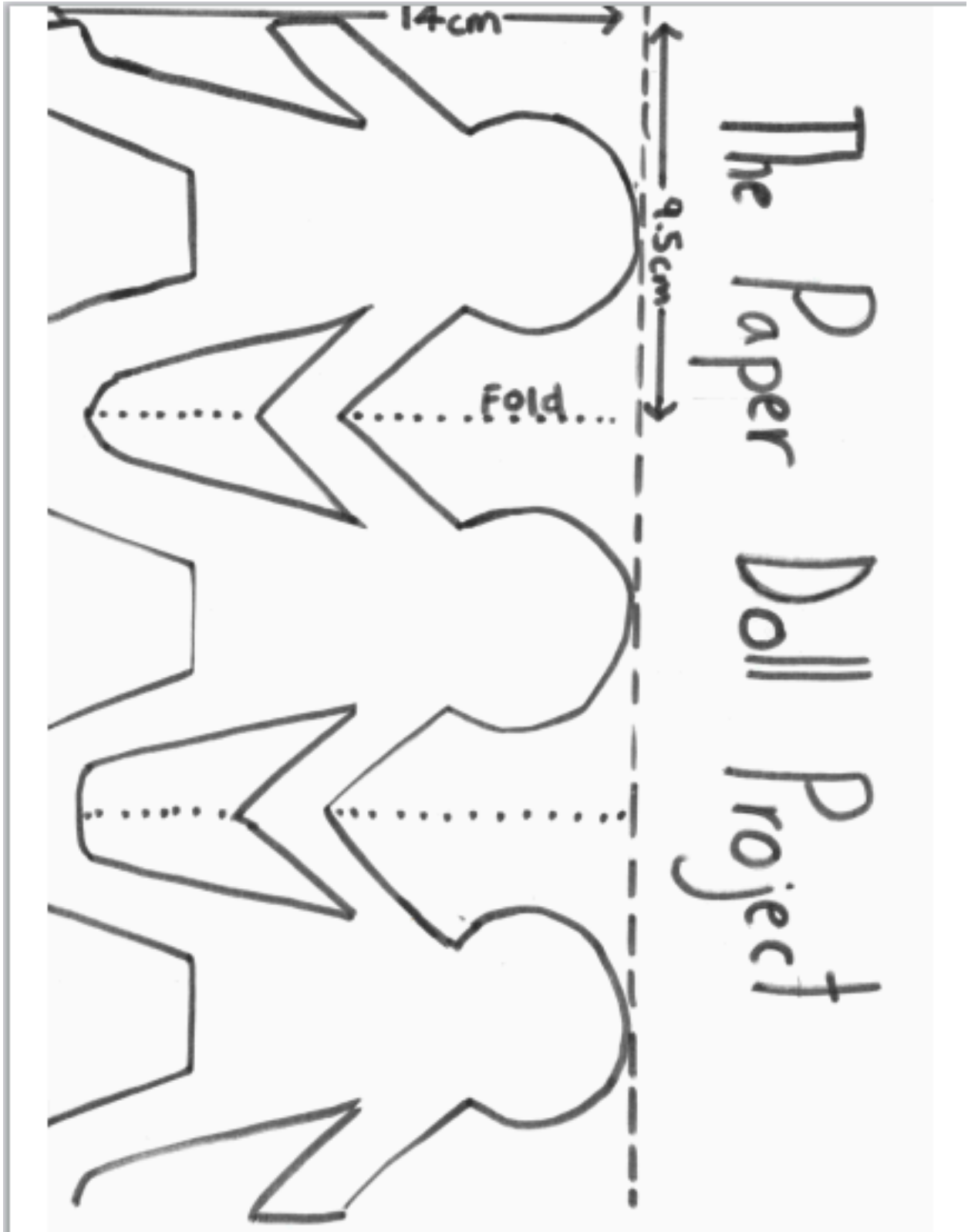
WATCH→[https://www.youtube.com/watch?v=5pOFKmk7ytU&ab\\_channel=RachelYoung](https://www.youtube.com/watch?v=5pOFKmk7ytU&ab_channel=RachelYoung)



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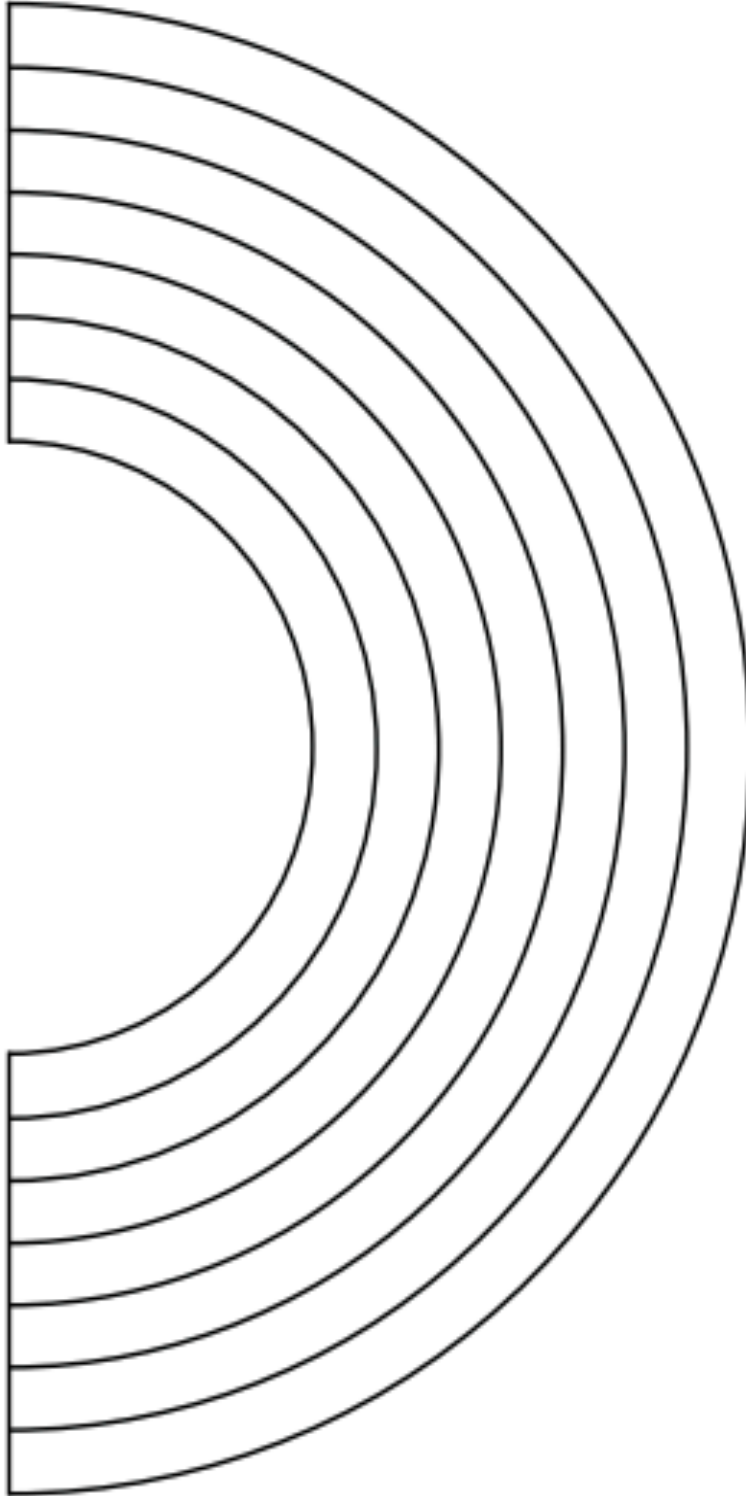
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Rainbow

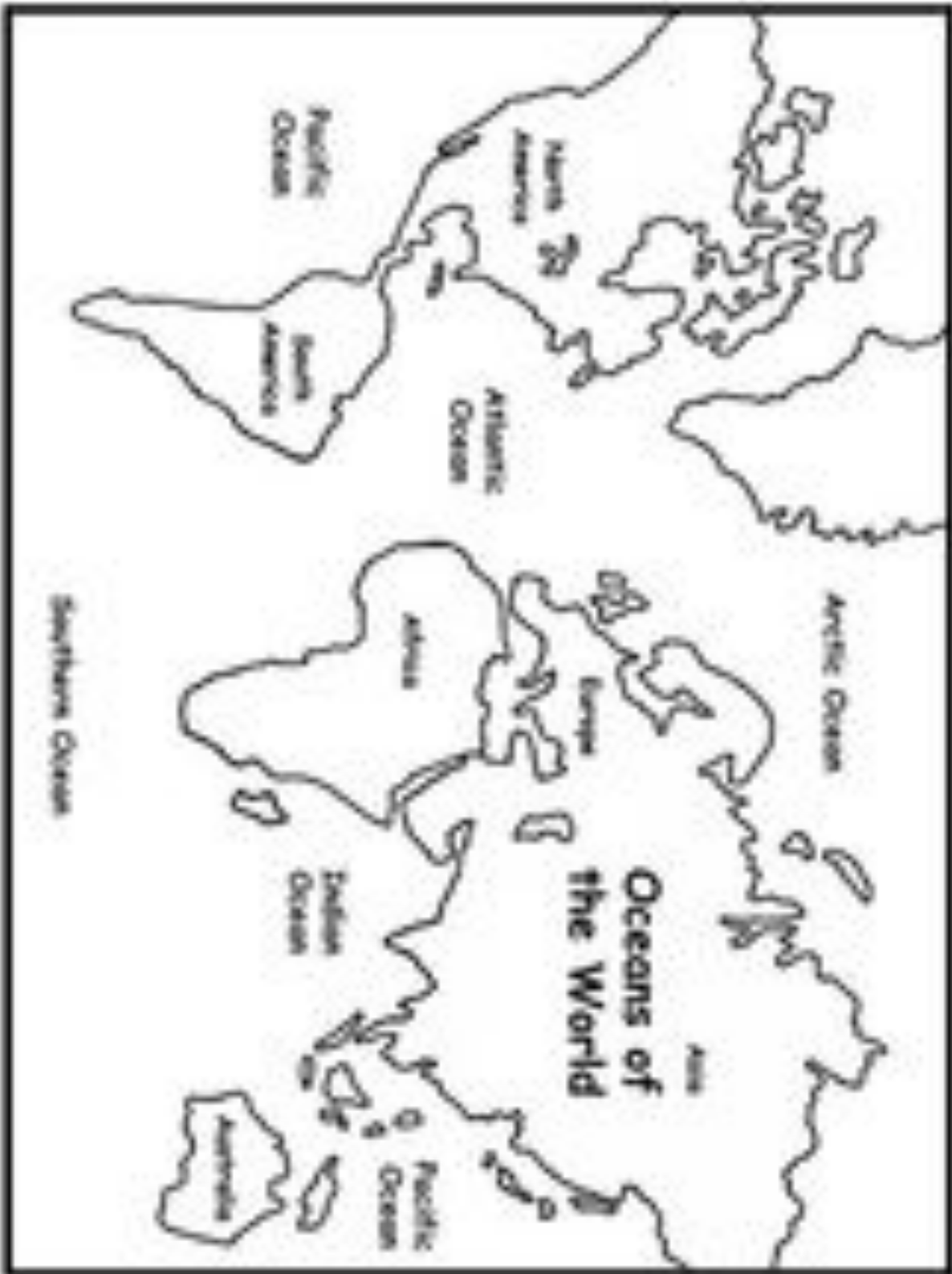
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## Lesson 4 : Who are the people in your neighborhood ?

### Message:

**WATCH** → <https://www.biblegateway.com/passage/?search=John+15%3A12&version=ESV>

“This is my commandment, that you love one another as I have loved you”. God asks us to love each other and be kind to one another for we are all His children. No matter where we are from, or the different we may meet, we treat all of Gods children with kinds, love, and as our friend and neighbor. Question: who are the people that make your neighborhood? Your community?

### Bible Passage: John 4:4-15

<sup>4</sup> Now he had to go through Samaria. <sup>5</sup> So he came to a town in Samaria called Sychar, near the plot of ground Jacob had given to his son Joseph. <sup>6</sup> Jacob’s well was there, and Jesus, tired as he was from the journey, sat down by the well. It was about noon. <sup>7</sup> When a Samaritan woman came to draw water, Jesus said to her, “Will you give me a drink?” <sup>8</sup> (His disciples had gone into the town to buy food.) <sup>9</sup> The Samaritan woman said to him, “You are a Jew and I am a Samaritan woman. How can you ask me for a drink?” (For Jews do not associate with Samaritans). NOTE: ( READ: == =>

<https://www.biblegateway.com/passage/?search=John+4%3A4-32&version=NIV> (see footnote a)

Jesus answered her, “If you knew the gift of God and who it is that asks you for a drink, you would have asked him and he would have given you living water.”<sup>11</sup> “Sir,” the woman said, “you have nothing to draw with and the well is deep. Where can you get this living water? <sup>12</sup> Are you greater than our father Jacob, who gave us the well and drank from it himself, as did also his sons and his livestock?”<sup>13</sup> Jesus answered, “Everyone who drinks this water will be thirsty again, <sup>14</sup> but whoever drinks the water I give them will never thirst. Indeed, the water I give them will become in them a spring of water welling up to eternal life.”

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NOTE: The term Good Samaritan, comes from the biblical story of Luke 10:25-37. You can watch a two minute video of the Good Samaritan here:

WATCH=><https://www.youtube.com/watch?v=CrVmbIr0zrg>

## **Children's Prayer Moment:**

Reference: =><https://www.biblegateway.com/passage/?search=luke+10%3A26-28&version=NIV>

**'Love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind'; and, 'Love your neighbor as yourself.**

**Activity:** To get to know the people in the neighborhood (from a safe distance). What is the name of the postal worker? Garbage truck driver? Store clerk? Who are your neighbors?

## **Video:**

Part Three: A great opening of friends hugging, but also discussion of hard conversations.

WATCH: ===>

[https://www.youtube.com/watch?v=XzWQtFPy52c&ab\\_channel=SesameStreetInCommunities](https://www.youtube.com/watch?v=XzWQtFPy52c&ab_channel=SesameStreetInCommunities)

## **A little background history for parents:**

Though segregation was no longer the law of the land in America by the end of the 1960s, Black citizens were still not embraced as equal participants in public life. This status was reflected at many community pools across the country, with white people preventing Black people from sharing the water with them. It was in this atmosphere that (Watch: ===> <https://www.biography.com/performer/fred-rogers>) performed a simple but meaningful act in episode 1065 of *Mister Rogers' Neighborhood*, which aired on May 9, 1969. Rogers invited Officer Clemmons, a Black police officer on the show, to join him and cool his feet in a small plastic wading pool. When Clemmons sat down and placed his feet in the water, right next to Rogers', the two men broke a well-known color barrier.

In a 1993 episode of "Mister Rogers' Neighborhood," Rogers invited Officer Clemmons to soak his feet in a wading pool, a reference to a 1969 episode with a similar scene, which aired amid civil unrest over racially segregated pools. READ=>

<https://www.today.com/popculture/how-mister-rogers-pool-moment-broke-race-barriers-t183635>

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## Lesson 5: Children can make a big difference

**Message:** We read in the Bible about a boy named David and a huge man named Goliath. Goliath was a Philistine warrior who kept challenging the men of Israel's army to come to fight him. But because he was so big – over nine feet tall – none of the Israelites would do it. Everyone was too afraid.

Until a young man named David had enough faith that God would help him defeat the huge man. Of course, David wasn't a warrior. He wasn't used to wearing armor or swinging a sword. So, instead, he went to the stream and found five stones. He was going to use those stones in his sling to swing them at Goliath. Goliath started coming toward David with his sword, saying that he was going to kill David.

David threw the stone and hit Goliath in the forehead, and the huge man fell down. God had helped David defeat Goliath with only one stone. At some point in our lives we are going to have a problem. And if God can help David defeat Goliath with only a single stone, think of the ways He can help you with your problems. God doesn't always need to do big miracles to help us. Sometimes, He can use something little, like a stone. Or even us, to help make some problems go away.

**Bible Passage:** David and Goliath

READ: =>

<https://www.biblegateway.com/passage/?search=1%20Samuel%2017&version=NIV>

<sup>48</sup> As the Philistine moved closer to attack him, David ran quickly toward the battle line to meet him. <sup>49</sup> Reaching into his bag and taking out a stone, he slung it and struck the Philistine on the forehead. The stone sank into his forehead, and he fell facedown on the ground.

**Children's Prayer Moment:** God, You are awesome. You can do anything. You can even help David beat a huge warrior with only one stone. Help us to trust You to help us too, no matter what problem we're having. In Jesus' name we pray, amen.

**Video:**

Ruby Bridge: Ruby Bridge was in the 2<sup>nd</sup> grade when she became the first African American to integrate an elementary school in the South. (start watching at 2:22)

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WATCH=>

[https://www.youtube.com/watch?v=sytZGGs5sRs&ab\\_channel=HomeschoolPop](https://www.youtube.com/watch?v=sytZGGs5sRs&ab_channel=HomeschoolPop)

Spider Man in the Spider Verse. Question: How is Spider Man a helper? In what ways are the Universe Spider Verse the same? Different ?

WATCH:=>

[https://www.youtube.com/playlist?list=PLY21GqTocQG\\_UA1An9XX2zOYvNGBPXZgw](https://www.youtube.com/playlist?list=PLY21GqTocQG_UA1An9XX2zOYvNGBPXZgw)

**Activity:** Create your own superhero cap and mask.

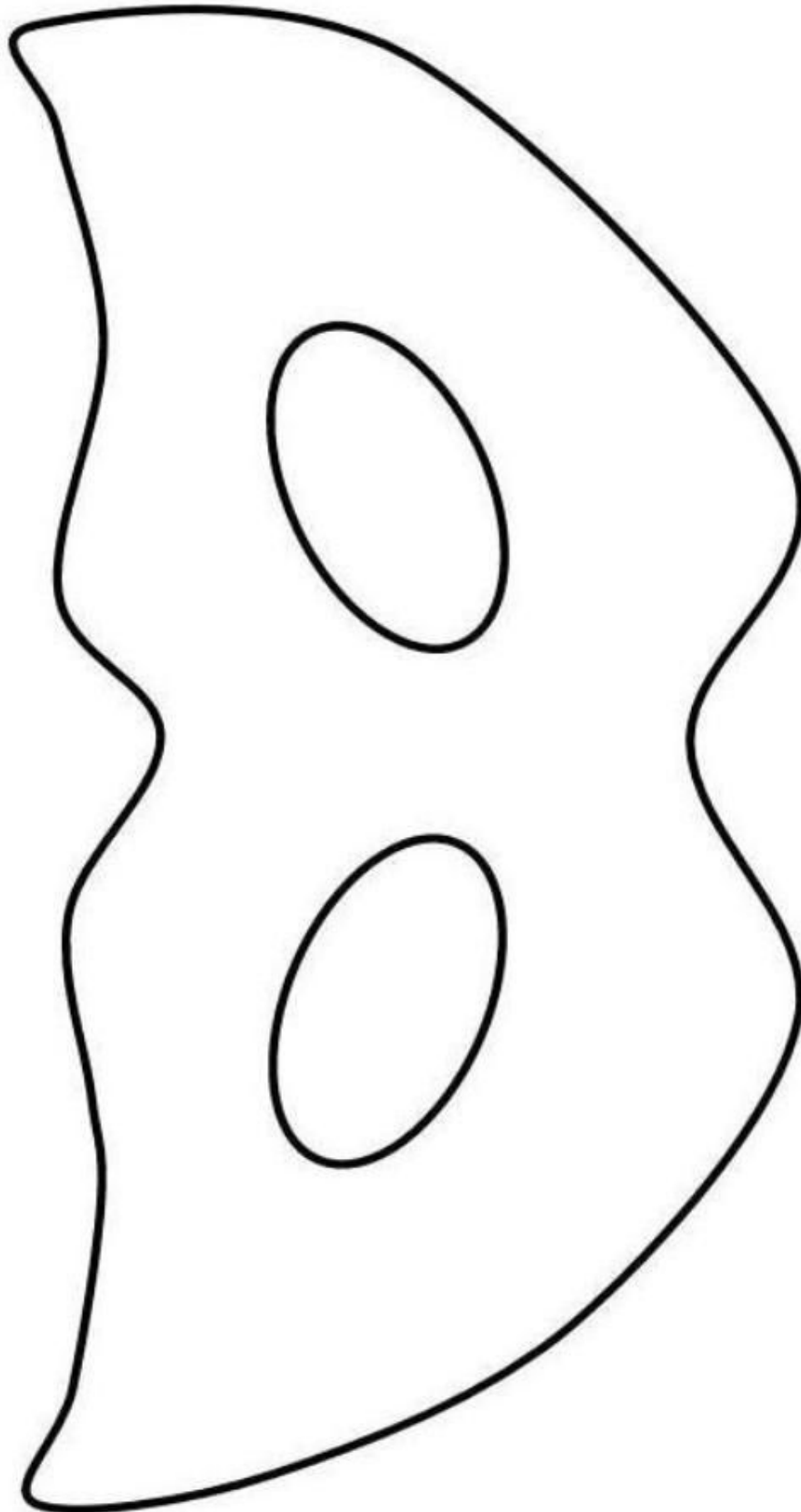
**Attached** mask and cap.

REFERENCE===> <http://www.threadridinghood.com/wordpress/wp-content/uploads/2017/10/Thread-Riding-Hood-Super-Hero-Cape-Pattern-18m-Adult.pdf>

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## Lesson 6: Go to where the help is needed

**Message:** God has created many people and we are just one of His many children. Being a child of God, means to do as God would want us to do. God will call for us to be a helper of His work and make the world a better place. If we look around, we can see God at work. God also

### **Bible Passage:**

Acts 9:15

"Go! This man is my chosen instrument to proclaim my name to the Gentiles and their kings and to the people of Israel.

Matthew 25:35

*For I was hungry and you gave me food, I was thirsty and you gave me drink, I was a stranger and you welcomed me, I was naked and you clothed me, I was sick and you visited me, I was in prison and you came to me.'*

Often times in the Bible God changed people's names to add new meaning (Abram to Abraham, Jacob to Israel, Simon to Peter...). In the Bible Jesus has a disciple named Paul. Paul did not really change his name, but when we first meet him, he is called Saul. Why two names? When first we meet him, Saul is quite wicked. In the first days of the church, there were those that did not like these disciples of Jesus and tried to hurt them. Saul was one of those people, and he was in charge of arresting and even killing Christian people.

*Meanwhile, Saul was still breathing out murderous threats against the Lord's disciples. He went to the high priest and asked him for letters to the synagogues in Damascus, so that if he found any there who belonged to the Way, whether men or women, he might take them as prisoners to Jerusalem. -Acts 9:1-2*

But on his way to attack and harm Christians, something remarkable happens. Jesus comes in and takes over ...

*As he neared Damascus on his journey, suddenly a light from heaven flashed around him. <sup>4</sup> He fell to the ground and heard a voice say to him, "Saul, Saul, why do you persecute me?"<sup>5</sup> "Who*

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*are you, Lord?" Saul asked. "I am Jesus, whom you are persecuting," he replied. <sup>6</sup> "Now get up and go into the city, and you will be told what you must do."<sup>7</sup> The men traveling with Saul stood there speechless; they heard the sound but did not see anyone. <sup>8</sup> Saul got up from the ground, but when he opened his eyes he could see nothing. So they led him by the hand into Damascus. <sup>9</sup> For three days he was blind, and did not eat or drink anything. -Acts 9:3-9*

What was happening? Even Saul's companions couldn't figure it out. Jesus was there taking control. Meanwhile, though, back in Damascus, there was a man named Ananias, who worked hard to serve God. One day, God shared something with Ananias:

*In Damascus there was a disciple named Ananias. The Lord called to him in a vision, "Ananias!"*

*"Yes, Lord," he answered. <sup>11</sup> The Lord told him, "Go to the house of Judas on Straight Street and ask for a man from Tarsus named Saul, for he is praying. <sup>12</sup> In a vision he has seen a man named Ananias come and place his hands on him to restore his sight." <sup>13</sup> "Lord," Ananias answered, "I have heard many reports about this man and all the harm he has done to your holy people in Jerusalem. <sup>14</sup> And he has come here with authority from the chief priests to arrest all who call on your name." <sup>15</sup> But the Lord said to Ananias, "**Go! This man is my chosen instrument to proclaim my name to the Gentiles and their kings and to the people of Israel.** <sup>16</sup> I will show him how much he must suffer for my name." -Acts 9:10-16*

Imagine being told that you need to go find and talk to the head of Isis, or the school bully, or your biggest enemy. It would be pretty scary! It might be tempting to laugh and refuse. That's probably how Ananias felt. Saul was hurting Christians. He was famous for it! Why would God tell anyone to go talk to him? What would you do? Continue with the story to find out how Ananias responded:

*Then Ananias went to the house and entered it. Placing his hands on Saul, he said, "Brother Saul, the Lord—Jesus, who appeared to you on the road as you were coming here—has sent me so that you may see again and be filled with the Holy Spirit." <sup>18</sup> Immediately, something like scales fell from Saul's eyes, and he could see again. He got up and was baptized, <sup>19</sup> and after taking some food, he regained his strength. Saul spent several days with the disciples in Damascus. <sup>20</sup> At once he began to preach in the synagogues that Jesus is the Son of God*

## **Children's Prayer Moment:**

Dear God, Help us to be more like You. Help us to pay attention to all the ways You can speak to us. Show us how we can be helpful to Your people. We hope to make the world a better place. Amen.

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## **Activity:**

What are you passionate about? Animals? Environment? Alliances to LBGQIA, Black Lives Matter, immigrants, homeless, veterans? Look at ways to get involved and help with time, gathering items in need, writing letters of encouragement. Children, are full of ideas,

Prayer box: Prayer has power to change, create “prayer boxes” or prayer buckets to remember people who need help, and how important prayer can be. Allow them to decorate (with paper, wrapping paper, stickers, etc.) simple containers like coffee cans, tissue boxes, or other items.

## **Song:**

**WATCH:=➔ This Little Light of Mine**

**[https://www.youtube.com/watch?v=3EUwvQm5qG8&ab\\_channel=PioneerOceanViewUnitedChurchofChrist](https://www.youtube.com/watch?v=3EUwvQm5qG8&ab_channel=PioneerOceanViewUnitedChurchofChrist)**

performed by Janice Edwards, RC Haus & Andy Riggs

May we all be one of Gods lights

For additional lessons and reading: *The Gospel in Color: A Theology of Racial Reconciliation for Kids*

WATCH:=➔ <https://ministry-to-children.com/racial-reconciliation-for-kids-bible-lessons/>