

Sunday Club News — November 2008

Sunday Club is for kids age 3 through

5th grade. We begin each Sunday at 9:15 with Gathering Time in the Choir Room. We sing, hear a story, recognize birthdays, take an offering of food and money, and pray. At 9:30 we divide into age groups and go to our classes – preschool & kindergarten together, and 1st-5th grades. Sometimes we do activities together. To read more details about how Sunday Club is organized, visit our website www.saintannesmn.org and click on the “Children” link.



one was invited to write their blessings on a leaf and hang it on the tree. We also wrote on paper the things for which we are grateful and burned the paper in the fire pit, letting the smoke send our gratitude to the heavens and out to the world. We listened to the song from Holden Evening Prayer, “Let my prayer rise up like incense before you.” (The kids watched from inside, away from the fire!)



Thank you to the November Sunday Club teachers

Gathering Time: Ingrid Benda and Karen Gott
Preschool-K: Barb Ogorek and Molly Price
1st-5th grades: Jennifer McNally and Mary Holland

1st—5th Grade Sunday Club for November

By Jennifer McNally

Namaste.

November's theme was Grateful Hearts. We are all blessed, every day, with so many gifts. Love, friendship, family. Parents and teachers who care for us, warm clothes to wear as the weather turns colder, food for our tummies. We have so much for which to be grateful.

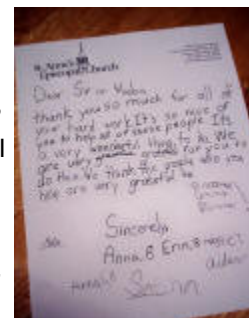
November began with All Saints Day. We talked about how declaring someone a saint is a way of being grateful for the special gifts they bring to the world. We talked about the gifts each of us has. What talents do we have to offer to others? How does it make us feel when we share our gifts with others? How does it make us feel when we appreciate others and allow them to share their gifts with us? We decorated cutouts of “ourselves” as saints, sharing our talents. Parents, you should have seen the line up: Erin, the Saint of Kindness, Vivian the Saint of Karate, Sasha, the Saint of Skateboarding, Rita, the Saint of Babysitting, Aidan, the Saint of Reading. It was quite a parade of saints in our room!

We discussed what it means to have a grateful heart. How does it make us feel inside to always want more, more, more? How is that different from the way we feel inside when we are appreciative of the blessings in our life? Why might we feel so differently, depending on whether we are living with “wanting” hearts or “grateful” hearts? Which type of heart makes us feel more peaceful and closer to God? Why?



During our week of “Service to Saint Anne's”, we decided to share the peaceful feeling that comes from having a grateful heart. We made a Gratitude Tree to share with everyone at Saint Anne's. The tree was “planted” in the parish hall and every-

During our week of “Service to the World”, we discussed why it is important to let others know they are appreciated. How do we feel when we are appreciated? How would the world be different if we all lived in appreciation of each other? To show others our appreciation, we made posters for St. Anne's staff, and we wrote thank you letters to the heads of two outreach organizations with which Saint Anne's is involved: Kiva and Operation Bootstrap Africa. We also wrote thank you letters to local police and fire departments. Parents, ask your children about these letters. They were very proud to write and send them.



The 4th week found us in the choir room, singing songs with Lydia, again. We sang some familiar songs and some new ones about thanksgiving. There may have been some interpretive dancing, as well... What fun!

We continued practicing ways of connecting with God, with the Spirit, and with that which feels holy, through a few minutes of guided meditation at the end of every class. We continued our practice of sitting in a circle and lighting candles. We closed our eyes and tried to fill our hearts with gratitude. We took “trips” through a meadow to become one with a tree and then to the beach, to become one with the ocean. We practiced deep and peaceful breathing. We actually achieved all eyes closed and a few minutes of silence this month! Parents, ask your child to guide you through a meditation and practice feeling peaceful and grateful together.



Namaste.

Coming in December: Peace

To learn more about Sunday Club—just come! It's fun, and we are growing in faith. Or... visit our website www.saintannesmn.org