

CHILDREN'S BULLETIN
FIRST PARISH CONGREGATIONAL CHURCH
APRIL 25TH, 2021

The Last Weekend in April We Celebrate World Healing Day!



Stress Busters

Relaxation Activities to Do at Home with Kids

School closings, sick friends and family members, isolation at home - these and other factors can cause anxiety and stress for children during this [coronavirus \(COVID-19\) pandemic](#). As the world's leading expert on childhood, we're sharing these relaxation techniques for kids that are part of our global [Healing and Education through the Arts \(HEART\)](#) program for children living in stressful situations.

Join your child in trying the Lazy Cat, the Turtle, the Lemon or all of these relaxation activities! Download a PDF version of these relaxation exercises [here](#).

Getting Started

Find a quiet space away from distractions.

If you're trying these relaxation exercises with a child or a group of children, make sure your instructions are clear and engaging. You don't have to do them all. Keep an eye on how long the children are engaged and try again another time.



1. Flower and Candle

This is a simple relaxation technique that encourages deep breathing.

Pretend you have a nice smelling flower in one hand and a slow burning candle in the other.

Breathe in slowly through your nose as you smell the flower.

Breathe out slowly through your mouth as you blow out the candle.

Repeat a few times.



2. Lemon

This relaxation exercise releases muscle tension. Pretend you have a lemon in your hand.

Reach up to the tree and pick a lemon with each hand.

Squeeze the lemons hard to get all the juice out - squeeze, squeeze, squeeze.

Throw the lemons on the floor and relax your hands.

Then repeat, until you have enough juice for a glass of lemonade!

After your last squeeze and throw, shake out your hands to relax!



3. Lazy Cat

This exercise releases muscle tension.

Pretend you are a lazy cat that just woke up from a lovely long nap.

Have a big yawn.

And a meow.

Now stretch out your arms, legs and back - slowly like a cat - and relax.



4. Feather/Statue

This exercise releases muscle tension.

Pretend you are a feather floating through the air for about ten seconds.

Suddenly you freeze and transform into a statue. Don't move!

Then slowly relax as you transform back into the floating feather again.

Repeat, making sure to finish as a floaty feather in a relaxed state.



5. Stress Balls





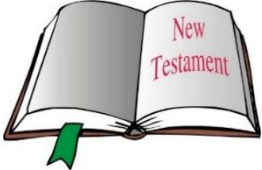
This exercise releases muscle tension and massages your hands. Make your own stress ball(s) by filling balloons with dry lentils or rice. Take the ball(s) in one or both hands and squeeze and release. Experiment with squeezing the ball. Find a way that is right for you, adjusting the speed, pressure, and timing of your squeezes to whatever way you like.



6. Turtle

This exercise releases muscle tension. Pretend you are a turtle going for a slow, relaxed turtle walk. Oh no, it's started to rain! Curl up tight under your shell for about ten seconds. The sun's out again, so come out of your shell and return to your relaxing walk. Repeat a few times, making sure to finish with a walk so that your body is relaxed.

As the global leader in child-focused humanitarian response, Save the Children works in 120 countries, including the U.S., reaching over 100 million children each year. In the last decade, our innovative literacy program, proven to significantly boost children's reading skills, has helped tens of millions of the world's most vulnerable children. Now, we are proud to launch [Coronavirus and Kids: Resources from Save the Children](#) to support parents, caregivers, teachers, school administrators and those who care about children in response.

When you see this symbol	Let's do this together
	= Sing, Sway, Clap Along, Dance or Shake your Egg Shakers to the Music
	= Let's Bow Our heads and Pray Together as a Church Family (Listen to the words <u>OR</u> Read along if you can)
	= Let's Say The Lord's Prayer Together
	= Listen closely to the Children's Message
	During this time, as you listen to the stories from the bible and the sermon, please enjoy the activities found on the last pages of the Children's Bulletin or other coloring activities throughout the bulletin.

CALL TO WORSHIP (Led by Katie Cobban)

One: Christ gives us two things: a Great Commandment and a Great Commission.



All: Love one another as I have loved you; Go therefore and make disciples of all nations.

One: Here we claim these words so that we might live boldly in his name.

All: We are changed by sacred time. In turn, we can seek to change the world.

One: Come together then. Let us enter in and worship Almighty God!

HYMN: #301 **Crown with Your Richest Crowns**

Crown with your richest crowns the Lamb upon the throne;
Hark! How the heavenly anthem drowns all music but its own.
Awake, my soul, and sing of Christ who died for you,
And to your risen Savior bring your thanks for life made new.

Crown Christ the truth, the life who triumphed o'er the grave.
And rose victorious in the strife, this fallen world to save.
Christ's glories now we sing, Christ's name we magnify,
Who died eternal life to bring, and lives that death may die.

Crown Christ who holds the years, embracing space and time,
Creator of the rolling spheres, ineffably sublime
All hail, Redeemer, hail! For you have died for me;
Your praise shall never, never fail throughout eternity.

INVOCATION (Led Rachel Cobban— join in at home.)

Beckoning God, come among us this hour. By the work of your Spirit lift our eyes that we may envision new horizons. Tune our ears to hear your call in this new day. Awaken us to every opportunity to speak for you and to serve you. We ask these things in Name of Christ. Amen.

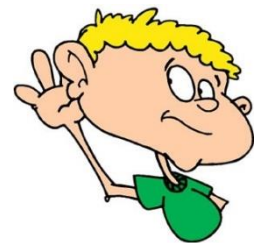
SONG OF PRAISE: #236 **Halle, halle, halle-lu-jah**

CHILDREN'S MESSAGE: PASTOR LINDA

Time Especially for Children

Let's sing "Jesus Loves Me"

Come in close and bring your listening ears



THE LORD'S PRAYER:

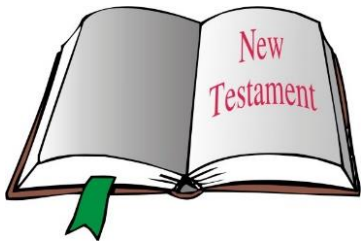


Our Father, who art in heaven, hallowed be Thy name. Thy kingdom come; Thy will be done; on earth as it is in heaven. Give us this day our daily bread and forgive us our debts as we forgive our debtors. Lead us not into temptation but deliver us from evil; for Thine is the Kingdom, and the Power, and the Glory forever. Amen.



WE HEAR GOD'S WORD FOR US

NEW TESTAMENT: Acts 8: 26- 40



26 Then an angel of the Lord said to Philip, "Get up and go toward the south to the road that goes down from Jerusalem to Gaza." (This is a wilderness road.) 27 So he got up and went. Now there was an Ethiopian eunuch, a court official of the Candace, queen of the Ethiopians, in charge of her entire treasury. He had come to Jerusalem to worship 28 and was returning home; seated in his chariot, he was reading the prophet Isaiah. 29 Then the Spirit said to Philip, "Go over to this chariot and join it." 30 So Philip ran up to it and heard him reading the prophet Isaiah. He asked, "Do you understand what you are reading?" 31 He replied, "How can I, unless someone guides me?" And he invited Philip to get in and sit beside him. 32 Now the passage of the scripture that he was reading was this:

"Like a sheep he was led to the slaughter,

and like a lamb silent before its shearer,

so he does not open his mouth.

33 In his humiliation justice was denied him.

Who can describe his generation?

For his life is taken away from the earth."

34 The eunuch asked Philip, "About whom, may I ask you, does the prophet say this, about himself or about someone else?" 35 Then Philip began to speak, and starting with this scripture, he proclaimed to him the good news about



Jesus. 36 As they were going along the road, they came to some water; and the eunuch said, “Look, here is water! What is to prevent me from being baptized?” 38 He commanded the chariot to stop, and both of them, Philip and the eunuch, went down into the water, and Philip baptized him. 39 When they came up out of the water, the Spirit of the Lord snatched Philip away; the eunuch saw him no more, and went on his way rejoicing. 40 But Philip found himself at Azotus, and as he was passing through the region, he proclaimed the good news to all the towns until he came to Caesarea.



Sermon: An Opportune Meeting

During this time, as you listen to the sermon, please enjoy the activities found on the last pages of the Children’s Bulletin.

HYMN: #522 I Love to Tell the Story



I love to tell the story of unseen things above,
Of Jesus’ radiant glory, of Jesus’ endless love.
I love to tell the story, because I know it’s true;
It satisfies my longings as nothing else can do.
I love to tell the story; and when I am in glory
I’ll tell the old, old story of Jesus’ endless love.

I love to tell the story; more wonderful it seems
Than all the golden visions of all our golden dreams.
I love to tell the story, I tell it now to you
Because I want to share it, because I know it’s true.
I love to tell the story; and when I am in glory
I’ll tell the old, old story of Jesus’ endless love.

I love to tell the story, for those who know it best
Seem hungering and thirsting to hear it, like the rest.
And when I sing in glory, I know the new, new song
Will be the old, old story that I have loved so long.
I love to tell the story; and when I am in glory
I’ll tell the old, old story of Jesus’ endless love.

★ **GETTING TO KNOW ANOTHER CHILD OF GOD – Cathy Pottle** ★

Sharing Joys and Concerns: Do you have a Joy or Concern you'd like to share with the congregation?

People I Love

My Dreams

My Worries

Date

Thankful For

♥ Invitation to Generosity: ♥

Think about how you would like show LOVE to God, others and yourself this week , is their a way you might able to be generous with your *kindness* this week? A smile, opening the door for someone or helping someone

OFFERTORY INVITATION (Led Katie Cobban)



Let us not lay up for ourselves treasures on earth, where moth and rust destroy and where thieves break in and steal, but let us lay up for ourselves treasures in heaven... For where our treasure is, there will be our hearts also. (Matthew 6: 19- 21, adapted)



DOXOLOGY: #780 Praise God from whom all blessings flow

PRAYER OF DEDICATION (Pastor Linda)



Thank you for the chance to give financial resources God, for when we do we join in your quiet and mighty-work to make life on earth a little more like heaven. Receive them we pray, and multiple them in your grace. We pray a blessing on this, your beloved community and on those ministries that these gifts make possible. In the name of Christ, we ask it. Amen

WE RESPOND WITH PRAYER

SHARING JOYS AND CONCERNS and PASTORAL PRAYERS

WE GO OUT TO LOVE AND SERVE A LOVING, SERVING GOD

HYMN: #4 Joyful, Joyful, We Adore You



Joyful, joyful, we adore you, God of glory, God of love,
Hearts unfold like flowers before you, opening to the sun above.
Melt the clouds of sin and sadness, drive the storms of doubt away;
Giver of immortal gladness, fill us with the light of day.

You are giving and forgiving, ever blessing, ever blessed.
Wellspring of the joy of living, ocean depth of happy rest!
Loving Spirit, Father, Mother, all who love belong to you;
Teach us how to love each other, by that love our joy renew.

Mortals, join the mighty chorus which the morning stars began,
Boundless love is reigning o'er us, reconciling race and clan.
Ever singing, move we forward, faithful in the midst of strife,
Joyful music leads us onward in the triumph song of life.

BENEDICTION: The Pastor often will give a benediction at the end of service. This is like a special prayer asking for God's help, guidance and blessing over everyone before the end of service.



POSTLUDE : “Go now in peace. Go now in peace. May the love of God surround you everywhere, everywhere you may go.” Words & Music: Natalie Sleeth, © 1976 Hinshaw Music, Inc.; All rights reserved. Reprinted under ONE LICENSE #A-708716

MINISTERS OF THE CHURCH – Members of the Congregation
SENIOR PASTOR AND TEACHER - The Rev. Dr. Deborah Roof
SABBATICAL COVERAGE PASTOR – The Rev. Linda Lea Snyder
LAY READER – Katie Cobban
GREETERS – Jack Martin, Sue Lindemann
CHOIR DIRECTOR/ ORGANIST – Joan Virga
CHRISTIAN EDUCATION DIRECTOR – Christine Lehoullier
OFFICE MANAGER – Michelle Guerrin

Visit our Facebook page or our website for recent videos of services and moments of Christian Faith Formation and inspiration

Philip's Color by Number

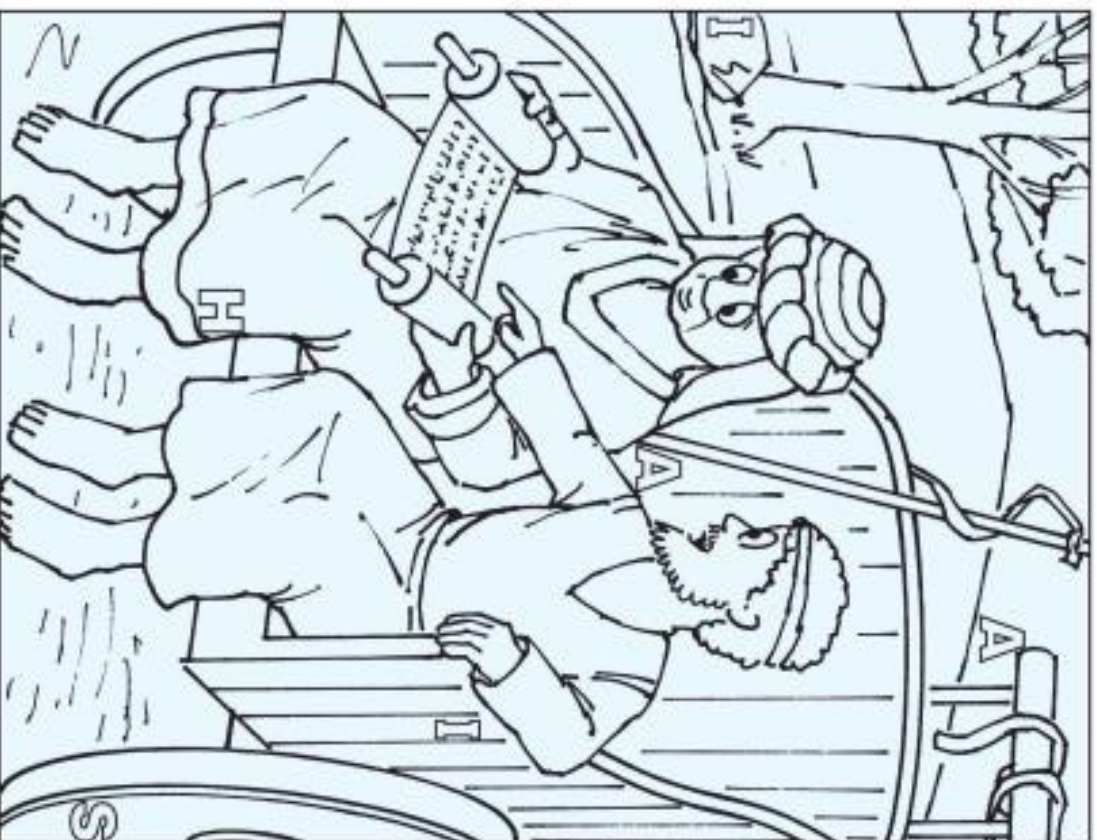
Color each section by the colors shown in the list at the bottom of the page. If you don't have all of the colors listed, or find an area that's not numbered, make your best color choice.



1.Lt Blue 2.Yellow 3.Lt Green 4.Brown 5.Dk Brown 6.Tan 7.Purple 8.Dk Blue 9.Red 10.Dk Purple 11.Dk Green 12.Lt Brown 13.Blue 14.Lt Orange 15.Orange 16.Pink 17.Gray

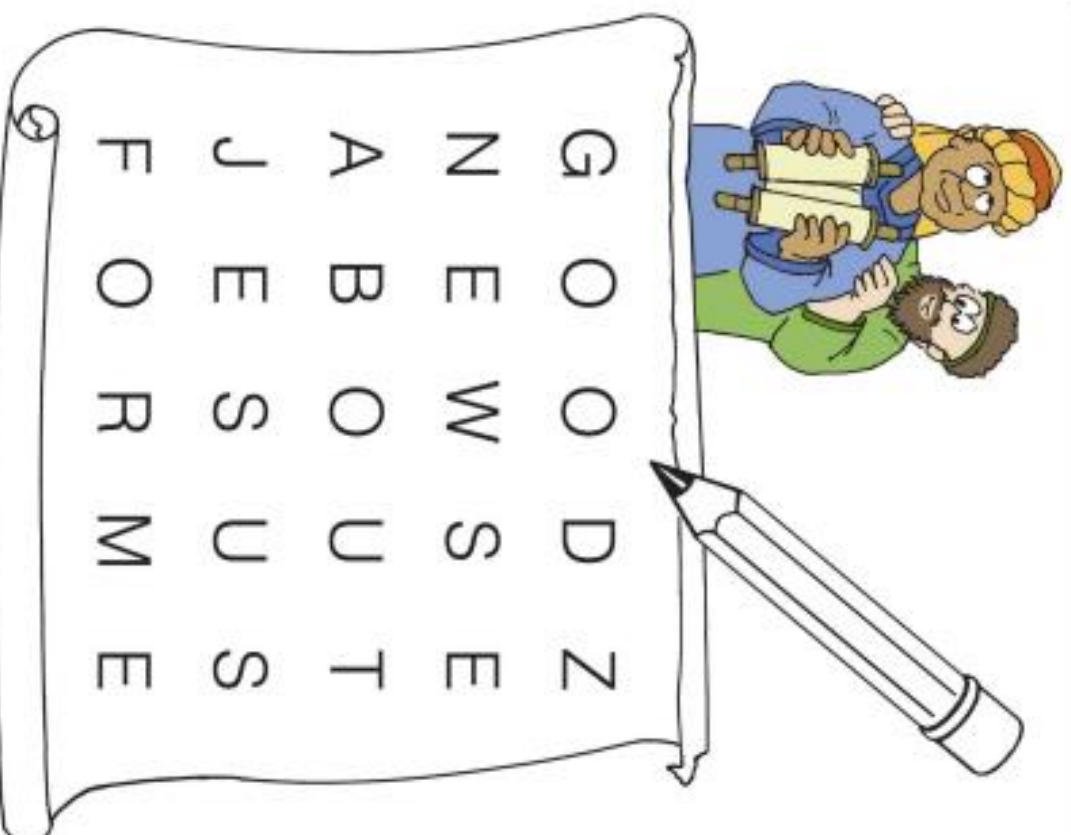
The Ethiopian man was reading.
He invited Philip to sit with him.

Find the letters **I S A I A H**
to know which book was being read.



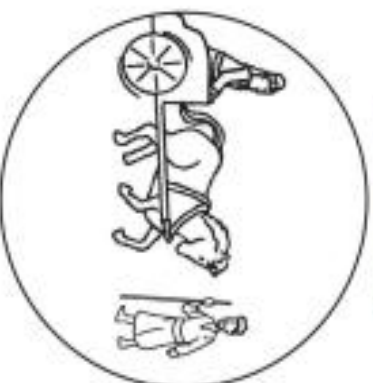
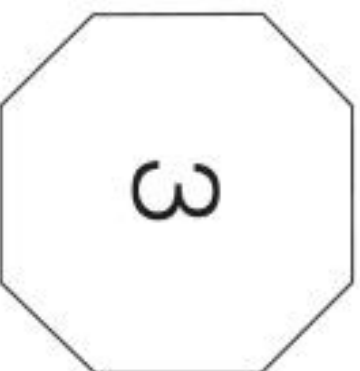
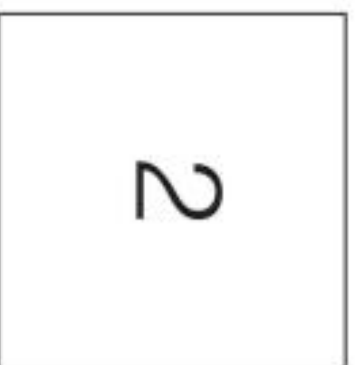
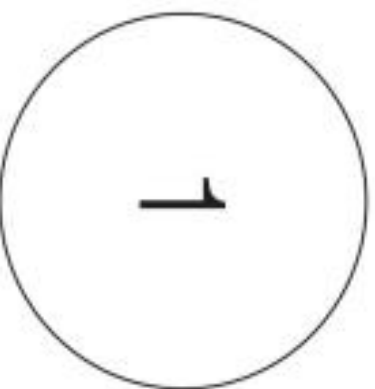
Philip taught the man about the ...

Circle the words
GOOD NEWS ABOUT JESUS



The Ethiopian man was baptized
and went away rejoicing.

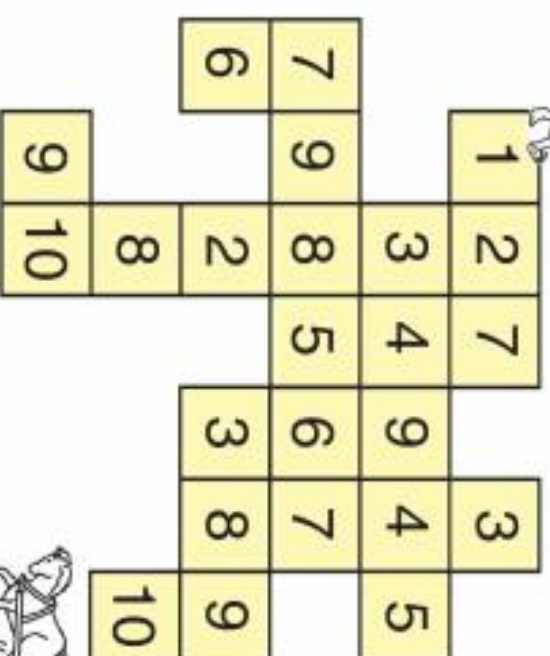
Match the shapes to find the order of the pictures.



Philip and the Man from Ethiopia

An angel told Philip to go to Gaza.
On the way he met an Ethiopian man.

Follow the maze. 1 2 3 4 5 6 7 8 9 10





God's word —
hearing it, believing it and
obeying it — brings us joy.

Think of 3-letter words that fit the clues.

Use the word in the column under the arrow to complete the verse.



a primary color

breakfast food

assigned task

lubricant

frozen water

corn holder

pen fluid

a short sleep

chewy substance



The Ethiopian man went on his way _____.



Children's Worship Bulletin™

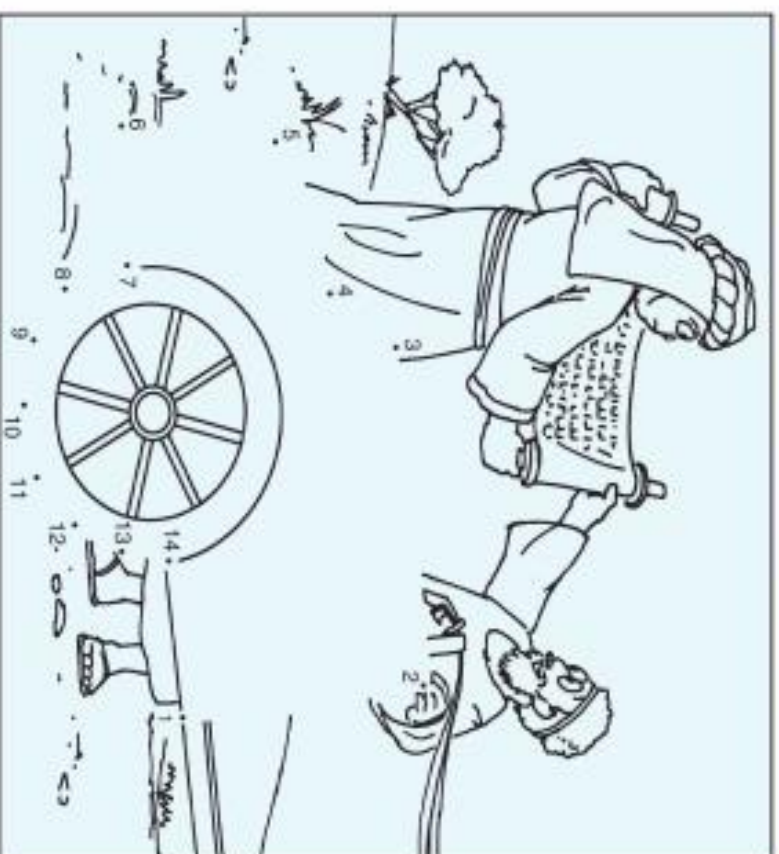
Ages 7+

April 25, 2021 • Acts 8:26-40

Philip and the Man from Ethiopia

The Lord told Philip to travel south along a
desert road, where he met a man riding in a chariot.

Connect the dots to complete the picture.



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