

June 7, 2020



Hello! This packet contains resources that are intended to support your family's faith formation while we are continuing to gather online for worship. Inside you will find

- FAITH5 steps explanation
- Lent Jar Refill
- A flier of the summer ministry dates and activities
- A list of suggested movies that connect to each Sunday's worship themes

In addition to these resources, zoom meet ups will continue to happen:

- Preschool zooms will gather on Wednesday at 3pm on these dates: 6/17, 7/1, 7/15, 7/29
- Elementary Zoom will continue on each Thursday at 3:15pm

I hope you find this useful as you continue to nurture the faith of your family during this period of social distancing. I am praying for you each and every day. If you need someone to talk to, chat with, or have something I could help with, please give me a call! I look forward to when we can gather without restrictions. Until then, God bless!

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FAITH5

Research has shown that one of the most effective ways to pass on faith is through parents sharing and demonstrating their own faith. When parents practice faith with their kids within the home, it serves to cement the importance of the community's beliefs and values.

The best tool I can suggest is FAITH5 – Faith Actions In The Home. These were created and extensively researched by Dr. Rich Melheim. The 5 actions are listed below. A longer explanation of each action is on an attached page.

- **Share** Highs and Lows
- **Read** scripture
- **Talk** about the scripture
- **Pray**
- **Bless**

These practices are flexible enough to match any family's schedule and ability. You can read the scripture stories from any age appropriate storybook Bible. If you would like suggestions, please reach out, I'd be happy to suggest options or gift you one from Westlake UMC.

Included here is also a Lent Jar Refill. These are slips of paper that have printed on them a scripture as well as a suggested faith practice that fall into the categories of gratitude, prayer, and giving. These are intended to support your FAITH5 practice. Use the scripture suggestion for the 2nd and 3rd steps.

FAITH 5



Share

Share

Each member takes turns to share one high and one low that happened during their day. This is a time for each member to have the stage to themselves, when they get to express how they felt about their day. This step encourages communication, nurtures connection among your family and fosters a safe place for later when something really hard comes up. It also nurtures the practice of recognizing positivity even when the day didn't go the way anyone planned.



Read

Read

Choose and read a story from the Bible. Doing this roots God in the center of this practice and in the center of your lives. By reading piece of God's story each day, you pass on the faith to your children. This also allows you to explore more deeply a greater number of stories than just what we do in Sunday School. The scriptures tell of God's great love for all the people of creation, by reading these with your children you encourage them to own them also and then live into God's story.



Talk

Talk

Talk about the story that you just read. Reflect on how God's story applies to your highs and lows today. This brings God forward into our lives every day. This step also encourages dialog about how faith can and does have a real impact on your life.



Pray

Pray

In this step you bring all of the things you have talked about to God and Jesus. Prayer does not have to be complicated – this step is as simple as thanking God for the highs, asking for help on the lows and closing in Jesus' name. Prayer is as interactive as every other step – it's not just the adults that pray but also your children who pray for one another. This act teaches compassion by teaching that not only do we pray for our needs but also we pray for others.



Bless

Bless

The final step in Faith5 is blessing. The blessing involves a simple spoken blessing along with a small cross on the forehead. Keeping it simple makes it feasible for every member to participate. The blessing wraps up this time together with a verbal and physical reminder of how deeply loved each person is by each other and by God.

What is one thing you are grateful for lately?

What is one person you are grateful for lately?

What is one event that you are grateful for lately?

What is one thing in nature that you are grateful for lately?

Write a thank you note to someone

Thank God for your family

Thank God for the food you ate today

Thank God for your friends

(Psalm 95:2) Let us come into his presence with thanksgiving; let us make a joyful noise to him with songs of praise!

(Hebrews 12:28) Therefore, since we are receiving a kingdom that cannot be shaken, let us give thanks, by which we offer to God an acceptable worship with reverence and awe;

(James 1:17) Every generous act of giving, with every perfect gift, is from above, coming down from the Father of lights, with whom there is no variation or shadow due to change.

(Colossians 3:15) And let the peace of Christ rule in your hearts, to which indeed you were called in the one body. And be thankful.

(1 John 1:7) but if we walk in the light as he himself is in the light, we have fellowship with one another, and the blood of Jesus his Son cleanses us from all sin.

(Psalm 106:1) Praise the Lord! O give thanks to the Lord, for he is good; for his steadfast love endures forever.

(Psalm 118:1) O give thanks to the Lord, for he is good; his steadfast love endures forever!

(Philippians 4:6) Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.

Thank God for rest

Thank God for music

Pray for your mom

Pray for your dad

Pray for your siblings

Pray for people who are homeless

Pray for people who are grieving

Pray for someone who is sick

(Matthew 11:28) Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest.

(Psalm 147:7) Sing to the Lord with thanksgiving; make melody to our God on the lyre.

(Proverbs 31:26) She opens her mouth with wisdom, and the teaching of kindness is on her tongue.

(Psalm 103:13) As a father has compassion for his children, so the Lord has compassion for those who fear him.

(Hebrews 13:1) Let mutual love continue.

(Matthews 25:40) And the king will answer them, 'Truly I tell you, just as you did it to one of the least of these who are members of my family, you did it to me.'

(Matthew 5:4) Blessed are those who mourn, for they will be comforted.

(Mark 2:17) When Jesus heard this, he said to them, "Those who are well have no need of a physician, but those who are sick; I have come to call not the righteous but sinners."

Prayer of confession and repentance – pray about something you are sorry for.

Pray for something you need help with

Pray for a friend

Pray for wisdom

Pray for new babies and new parents

Pray for the leaders of your community

Pray for people serving the nation – in the military, in first responder jobs,

Pray for someone who you have trouble liking

(Colossians 3:13) Bear with one another and, if anyone has a complaint against another, forgive each other; just as the Lord has forgiven you, so you also must forgive.

(Philippians 4:13) I can do all things through him who strengthens me.

(Proverbs 17:9) One who forgives an affront fosters friendship, but one who dwells on disputes will alienate a friend.

(James 1:5) If any of you is lacking in wisdom, ask God, who gives to all generously and ungrudgingly, and it will be given you.

(Jeremiah 1:5a) Before I formed you in the womb I knew you, and before you were born I consecrated you;

(Romans 8:28) We know that all things work together for good for those who love God, who are called according to his purpose.

(John 15:13) No one has greater love than this, to lay down one's life for one's friends.

(Luke 6:27-28) "But I say to you that listen, Love your enemies, do good to those who hate you, bless those who curse you, pray for those who abuse you.

Donate to a non-profit. This can be money or items.

Choose a toy in good condition to donate or give away

Choose an outfit in good condition to donate or give away

Do an extra chore around the house

Find a way to share with your sibling or another family member

Give positive words to someone today

Plant some flowers

Call someone and ask about their day

(Matthew 25:35-36) for I was hungry and you gave me food, I was thirsty and you gave me something to drink, I was a stranger and you welcomed me, 36 I was naked and you gave me clothing, I was sick and you took care of me, I was in prison and you visited me.'

(Hebrews 13:16) Do not neglect to do good and to share what you have, for such sacrifices are pleasing to God.

(Luke 3:11) In reply he said to them, "Whoever has two coats must share with anyone who has none; and whoever has food must do likewise."

(Galatians 6:2) Bear one another's burdens, and in this way you will fulfill the law of Christ.

(Philippians 2:4) Let each of you look not to your own interests, but to the interests of others.

(John 15:12) This is my commandment, that you love one another as I have loved you.

(Song of Solomon 2:12) The flowers appear on the earth; the time of singing has come, and the voice of the turtledove is heard in our land.

(1 Peter 3:8) Finally, all of you, have unity of spirit, sympathy, love for one another, a tender heart, and a humble mind.

CHILDREN'S SUMMER MINISTRY

**SOCIAL DISTANCED GATHERING
ACTIVITIES IN THE PARKING LOT!
1:30PM ON SUNDAYS**

June 7th: Popsicle Drive-Thru

Enjoy church, have lunch, then come to the church parking lot to enjoy a popsicle and say hello to your friends!

June 14th: Blanket fort building

Build a fort in your living room, take a picture and send it to Megan. The best one will get a prize.

July 5th: Chalking the Parking lot and Tiff's Treats

Come and enjoy a cookie from Tiff's while we make parking spaces looking cool!

July 14th: Water balloon throwing and Amy's Icecream

Come throw some water balloon games and enjoy some delicious ice cream.

More information on each event will come leading up to the event. If you have questions, please contact Megan
mgetman@westlake-umc.org

Family movie suggestions

This is a list of movie suggestions whose themes connect into each Sunday's scripture and themes. You are invited to watch them as you see fit. I have included a G-rated movie and a PG-rated movie. Each movie is accompanied with some discussion questions that help connect the movie themes to the scripture themes. Note: Movie descriptions may contain **spoilers**.

June 7

Revelation 2:1a, 2a, 4

To... the church... you have abandoned the love you had at first... repent and do the words you did at first.

Movie: Mary Poppins (G)

Mary Poppins is hired as a nanny to Jane and Michael Banks. Over the course of the movie, Mary Poppins takes the kids on imaginative adventures and works to bring George Bank back to being an attentive father.

1. What does this show us about our responsibility to our family and community? How did
2. What happens when we abandon that responsibility?
3. Mary Poppins help bring George Banks back into his role as attentive father for Jane and Michael?

Movie: Doctor Dolittle 2020 (PG)

Doctor Dolittle is a medical doctor that can talk to animals. Due to his grief, he has turned his back on using his gifts and talents for the good of the community. After being compelled to attend to the ailing queen, he goes on an overseas adventure seeking a healing plant. Doctor Dolittle and his companions return to reopen his practice and engage in the community life around them.

1. How did Doctor Dolittle's withdrawal cause harm to himself and his community?
2. What part helped Doctor Dolittle return to his responsibility the best?
3. What does this movie show us about using the gifts God has given us?

June 14

1 Peter 1:13-16

¹³Therefore, with minds that are alert and fully sober, set your hope on the grace to be brought to you when Jesus Christ is revealed at his coming. ¹⁴As obedient children, do not conform to the evil desires you had when you lived in ignorance. ¹⁵But just as he who called you is holy, so be holy in all you do; ¹⁶for it is written: "Be holy, because I am holy."

Movie: Mulan (G)

A young girl disguises herself as a boy to take her father's place in the army. Through the movie, Mulan and friends train and prepare to defend China from Mongol invaders.

1. How did Mulan's preparation help her to win in the end?
2. Do you think Mulan was prepared to enter the army in the beginning? Why or why not? What was she prepared to do?
3. How does this movie help us to understand the need to prepare our lives for God's will?

Movie: Kung Fu Panda (PG)

Po, a clumsy panda, idolizes the Kung Fu students in his village. Having had no Kungfu training, Po gets chosen to defend the Valley.

1. Considering Po's dreams, how was his preparation in the beginning of the movie counterproductive to achieving his dreams?
2. How did Po change when he was called upon to defend the Valley?
3. In what ways are you preparing to hear God's call?

June 21

Romans 4:3-5, 5:1-2b

⁴ ³ What does Scripture say? “Abraham believed God, and it was credited to him as righteousness.” ⁴ Now to the one who works, wages are not credited as a gift but as an obligation. ⁵ However, to the one who does not work but trusts God who justifies the ungodly, their faith is credited as righteousness. ⁵ ¹Therefore, since we have been justified through faith, we have peace with God through our Lord Jesus Christ, ²through whom we have gained access by faith into this grace in which we now stand. And we boast in the hope of the glory of God.

Movie: Home (G)

A hive-minded alien race conquers earth seeking shelter from their enemies, the Gorg. Oh, a misfit alien, becomes a fugitive and teams up with Tip, a lost girl who was separated from her mother when the Boov arrived. Through adventure and mishap, Oh and Tip bond and find their place in the community.

1. Why did Oh throw his party at the beginning of the movie?
2. How did love and friendship change Oh’s actions from the beginning to the end of the movie?
3. How did the Boov change when they accepted Oh as he was? What can this tell us about God’s relationship with us?

Movie: Frozen (PG)

Elsa, Queen of Arendelle, has an extraordinary gift that she refuses to use. When her gift becomes uncontrollable, Elsa runs away. Anna, her sister, gets caught in her uncontrolled magic and Elsa has to race to save her.

1. What happens to Elsa when she rejects her gift? What happens when she accepts the gift?
2. How did Elsa manage to save Anna from turning to ice?
3. What can we learn about God’s love through Elsa and Anna’s relationship?

June 28

Titus 2:11-15

¹¹For the grace of God has appeared that offers salvation to all people. ¹²It teaches us to say “No” to ungodliness and worldly passions, and to live self-controlled, upright and godly lives in this present age, ¹³while we wait for the blessed hope—the appearing of the glory of our great God and Savior, Jesus Christ, ¹⁴who gave himself for us to redeem us from all wickedness and to purify for himself a people that are his very own, eager to do what is good. ¹⁵These, then, are the things you should teach. Encourage and rebuke with all authority. Do not let anyone despise you.

Movie: Toy Story (G)

A group of toys must figure out how to accept a new spaceman toy. Woody and Buzz get stolen and they have to band together and figure out how to return to their home. In the process, they figure out how to be friends.

1. Why did Woody not want to be Buzz’s friend at the beginning of the movie?
2. What helps Woody and friends accept Buzz as a member of the group?
3. How can we see God’s community reflected in the group of toys by the end of the movie?

Movie: Despicable Me (PG)

When Gru gets paired up with three orphan girls, he is changed for the better.

1. What was Gru’s relationship with the orphan girls in the beginning? Why did it change?
2. Why did Gru change his attitude? What does this tell us about the importance of Love?
3. What does this show us about God’s love?