

Recipe for: multigenerational worship

ingredients

- Friends of all ages!
- Space to sit comfortably, wiggle, lie down, stretch, etc.
- Quiet materials: *crayons, paper, trays to work on, coloring mandalas, basket of Friendly books, finger labyrinths*
- Patience, Love, Open Hearts
- God will provide the rest!

Directions

- Gather with intention, greeting each Friend.
- *Optional, but recommended: begin with song, prayer, story, or build an image of community* together with art materials, blocks, or natural objects.
- Make space for each person to center in their way.
- Practice listening with your whole self.
- When something gets noisy, or bumps you from the silence, notice it, and release it. Center again.
- Keep listening with your whole self.
- At the rise of meeting, share fellowship with all!

From the kitchens of

