

Recipe for: intergenerational worship

ingredients

- Friends of all ages!
- Space to sit comfortably, wiggle, stand, 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 welcome, greeting each Friend.
- *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 kitchen of Melinda Wenner Bradley ©2020