

*“Across the generations*

*As we repair broken foundations*

*Unified in our beloved Quaker community”*



## **Building Bridges with All Ages**

The Sessions theme this year calls us to connect across generations and broken foundations. Bridges bring people together, and can unify us across space and time and ages! The activities offered here are for everyone -- adults, youth, children.

This document shares ideas for using bridges as a way to think about how we connect, welcome, and gather across ages, experiences, and even locations as Friends in our meetings. *Use, adapt, or expand these ideas!*

## **Make Popsicle Stick Bridges**

*Materials: popsicle sticks, glue, tape, pipe cleaners*

Popsicle sticks can be found in craft stores, Target, and Staples. (If you need us to mail you some, [contact PYM staff](#).) A “popsicle party” at the meetinghouse on a summer night is also a good time to collect sticks!

Here are a few ways to make bridge – what else can you create & discover?

1. [Simple truss bridge](#)
2. [Craft Sticks and Playdoh bridge](#)
3. [Leonardo Da Vinci Bridge](#) (no glue)
4. [A little more challenging one](#)
5. [More ideas here!](#)

- Use this activity with children and youth on a First Day morning. Invite other adults to help or make their own during fellowship after worship!
- Share the activity with households and invite Friends to bring what they make at home to share on July 31.
- Provide popsicle sticks during worship on July 31 as a quiet activity for children to work with and see what they can create.

**Bridge Quotes:** *Use the quotes below . . .*

- Print/cut out quotations and leave with greeters to share as Friends enter meeting for worship. [Here is a printable PDF of the quotes.](#)
- Add a quotation to your meeting newsletter or announcements in the three Sundays before All Together Worship.
- Use time in fellowship after worship for friendly discussion; which of these is your favorite quote? Why? Is there one that doesn't resonate?
- Send 2-3 pairs of quotes out to Friends on your listserv and suggest using them at home as journal prompts or dinnertime conversation.

<p>“Understanding is the bridge between two minds; love is the bridge between two souls.”</p> <p><i>Matshona Dhliwayo</i></p>	<p>“In every conceivable manner, the family is link to our past, bridge to our future.”</p> <p><i>Alex Haley</i></p>
<p>“Passion is the bridge that takes you from pain to change.”</p> <p><i>Frida Kahlo</i></p>	<p>“Poetry is not only dream and vision; it is the skeleton architecture of our lives. It lays the foundations for a future of change, a bridge across our fears of what has never been before.”</p> <p><i>Audre Lorde</i></p>
<p>“Come, let us build bridges of love with each other with the cement of kindness and pillars of trust.”</p> <p><i>Debasish Mridha</i></p>	<p>"In the moment of crisis, the wise build bridges and foolish build dams.”</p> <p><i>Nigerian Proverb</i></p>
<p>“Never to forget where we came from and always praise the bridges that carried us over.”</p> <p><i>Fannie Lou Hamer</i></p>	<p>“Meditation is the bridge that helps connect you with your inner self. I believe that quietude also makes one more creative.”</p> <p><i>Jubin Nautiyal</i></p>
<p>“All we have is the knowledge passed on to us by our elders, experiences we inculcate and hardly negate. But to bridge the generation gap, one needs to adapt to the new while retaining the goodness of the old.”</p> <p><i>Sonali Bendre</i></p>	<p>“Breath is the bridge which connects life to consciousness, which unites your body to your thoughts.”</p> <p><i>Thich Nhat Hanh</i></p>

## Opening Poem:

*On Sunday, July 31, we'll begin worship All Together with a reading of the poem below.*

- Consider sharing the poem before Sunday morning, in your announcements to help Friends prepare hearts and minds for worship All Together.
- Use the poem to open an experience of worship sharing together in the weeks before July 31.
- You might also share the poem with Friends and invite them to draw what they hear in the words.
- [These coloring pages with bridges could be copied for children \(and anyone else!\) to color during waiting worship.](#)

*To bridge—adjoin,  
to the fabric of worth.  
combine, entwine  
in purpose, with earth.*

*Feel the essence of breath,  
coalesce with the living air.  
To grow, build, bridge—  
this inner island, somewhere.*

*Thither, across the stormy waters,  
at last, touch that distant release.  
Bridge—the heart, mind, embrace  
with the life of love's peace.*