

COME TO THE TABLE

C

Come to the table

F

Come to the table

G

Come to the table

F

C

And celebrate with us

You may want to continue on with these other verses, or feel free to make up some of your own:

We are all welcome...

Let's have a party...

You are my sibling...

We are a family...

To modulate up a key, use D-G-A



Face to Face

F Am G C
Face to face or far away

F Am G C
God is present among us

F Am G C
Listen to the Spirit (your neighbor/family/community) say

F G C
I am here with you (2x)

C Am F G
As close as your breath, your beating heart

F G C
I am here with you

C Am F G
As far as you go, no matter the time

F G C
I am here with you



Jesus Loves the Little Children



Jesus loves the little children,
All the children of the world.

Ev'ry color, ev'ry race,
All are covered by God's grace.
Jesus loves the little children

Of the world.

BIBLE STORY: RUTH 1 (RUTH AND ORPAH FOLLOW NAOMI)

Today's story feels hard and sad. Ruth and Orpah had a tough choice in front of them when they followed Naomi: they loved their families, and they loved one another. This story shows us what being open and present to people along the way can look like. When our compassion is strong we are alive to the feelings of others around you, open to feeling what they feel and how we can be with and support them in those feelings.

In Judah, there once was a man named Elimelech who worried about how his family would survive the famine. He took his wife, Naomi, and their two sons, Mahlon and Chilion, to the country of Moab. They settled there and made a life among the people. Soon, their sons married two women named Orpah and Ruth. Sadly, Naomi's husband passed away, and then, even her two sons died, too.

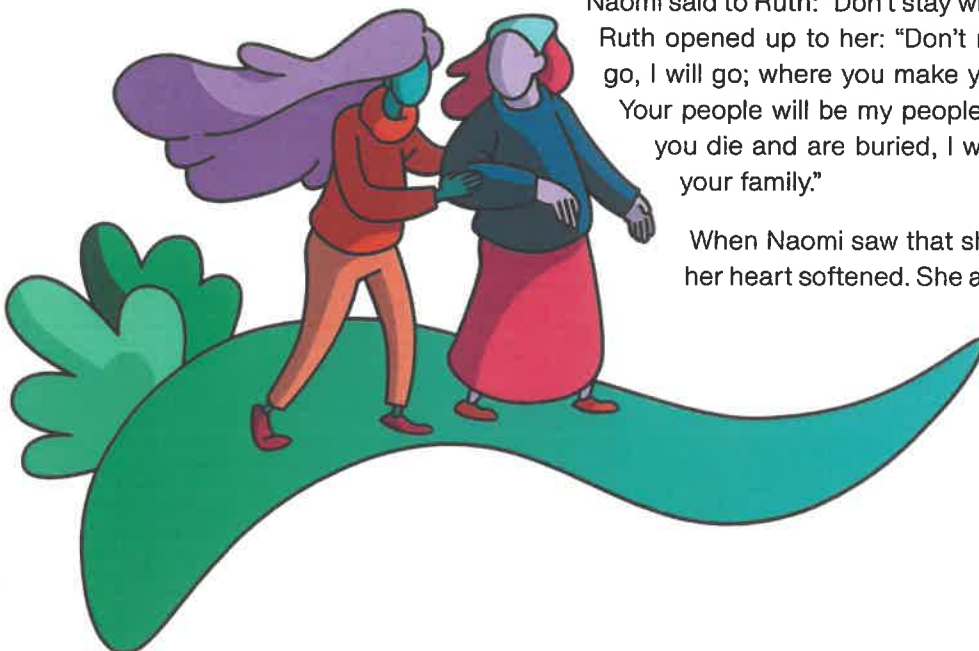
Naomi missed her family and wanted to go back home, so she began the long journey back to Judah. As was the custom for daughters by law, Orpah and Ruth followed her. But Naomi insisted they stay home in Moab: "Go back to your family. May the Lord deal kindly with you, as you have dealt with your husbands and me. Peace be with you."

Then Naomi hugged them goodbye as they all cried together.

But Orpah and Ruth were determined to follow her. Naomi tried to persuade them: "I do not want to ruin your chance at marriage and having your own family. If you stay with me, you will have nothing because I cannot give you anything. I have lost everything, and my heart is so bitter." They all cried together once again. Orpah decided to go back, but Ruth clung to Naomi even more.

Naomi said to Ruth: "Don't stay with me! Go back with Orpah." But Ruth opened up to her: "Don't make me leave you. Where you go, I will go; where you make your home I will make my home; Your people will be my people, your God my God, and where you die and are buried, I will be buried there, too. I will be your family."

When Naomi saw that she couldn't change Ruth's mind, her heart softened. She accepted Ruth, and they traveled back to Judah together. Ruth lovingly took care of Naomi, and she became like a daughter to her.



CREATE & PLAY

Depending on the ages and interests of your kids, practice presence by listening to a story and drawing what you remember or going on a family walk.

"WE CAN BE PRESENT" STORY

One of the ways we are present with one another is by listening carefully. I am going to read you something, and you are going to listen for details. If you are fully present with my story, I wonder how many details you can remember? We are going to show our excellent listening skills by drawing what we hear.

I had a long day today! I was eating breakfast this morning at the breakfast table when my dad came in and said that we would be leaving in fifteen minutes to run some errands. I did not want to go. I wanted to sit at the table, finish my cereal, and play with my pet lizard Vanessa. I felt frustrated.

But I got into the car with my dad, and we made our first stop at the grocery store to pick up some toilet paper, another box of my favorite cereal, and coffee for dad. I asked for an apple, and my dad said yes.

Then, we put our groceries in the car and headed to the post office. Sometimes the post office is fun because I get to pick out the stamps. But today there was a long line, and I didn't want to be there. My dad said it was very important. He held two boxes and an envelope while we waited in line. I felt compassion for him, so I offered to hold something. He gave me the smaller box and said, "Thank you!"

Then, we had to go to the dentist. My dad needed a cleaning, so I had to sit next to him and wait. I read a magazine about lizards and ate my apple. The dentist said that apples are good for your teeth.

Finally, my dad said, "Thank you for being present with me today! I have a question. Where would you like to go?"

I was excited. I knew exactly where I wanted to go. There is a park by my house that has an excellent climbing tree. Dad took me to the park so I could climb that tree and play for a while. He even climbed up with me! It was a long day, but I'm glad we spent it together. The End.

(Take some time to finish up your drawings)

I would love to see what you drew. What did you notice about my story? What was the most interesting part? Did you ever get tired of listening? Did it help you to draw out the details? If I tested your memory about my story, would you be able to answer my questions?

When we listen to each other carefully, we can remember details and make connections. I have one more question for you: in this story, who was being present: the dad, the child, or both? Why?

ACTIVITIES FOR YOUNGER CHILDREN (PRESCHOOL & FAMILIES)**Mindful Walk through your Neighborhood or Virtual Excursion**

Compassion helps us be present with each other. When we are present, we slow down and pay close attention. Our senses - sight, smell, touch, taste, and hearing - help us know the world around us.

Option 1: Take a walk around your neighborhood

Before your walk, explain you will be using your senses to discover and explore what is around you. Decide the path you will take. Will you take your same usual path or try a different way? As you walk, guide children to be present and engage their senses. Together, talk about what you see, feel, hear, touch, or smell around you. Are the trees changing? Can you spot a butterfly? Is something under construction? Listen for sounds like birds chirping or a train nearby. Feel the weather outside. Is it hot, windy, or cold? Stop to smell flowers or fresh bread from your local bakery. Be sure to take pauses along the way to practice being present - sit or stand quietly and observe. Then talk about what you noticed.

Option 2: Take a virtual excursion

Decide if you would like to check out live webcams of animals at your favorite zoo/aquarium, visit a museum you have wanted to see or enjoy a pre-recorded live concert. After deciding where you all would like to go together virtually (or take turns going to different places), explain you will use some of your senses to discover and explore.

Ask what senses they will need for a virtual trip. During your visits, guide children to be present and engage their senses. What do you see and hear? You can even draw what you see. Listen for animal sounds or music. Be sure to take pauses along the way to practice being present - sit or stand quietly and observe. Then talk about what you noticed.

VIRTUAL EXCURSION IDEAS

[Explore.org](https://www.explore.org)

[Monterey Bay Aquarium](https://www.montereybayaquarium.org)

[Georgia Aquarium](https://www.georgiaaquarium.org)

[MetKids @ Metropolitan Museum of Art](https://www.metkids.org)

[Getty Museum](https://www.getty.edu)

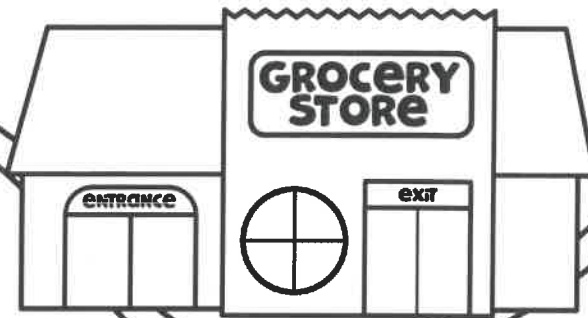
[Hidden Worlds of National Parks](https://www.nps.gov)

[Ride a Roller Coaster](https://www.rollercoasterdb.com)

How did it feel to be together? What did you discover while on your walk/virtual excursion?

"WE CAN BE PRESENT" STORY

START



END

COMPASSION IN ACTION

Depending on the ages and interests of your kids, decide if you want to chalk your driveway/sidewalk or make signs to post in your yard or windows as encouragement for neighbors.

Compassion in Action activities remind us how we can be with each other so that in everything we make, do, or say, we feel Emmanuel, or God-with-us. These small, simple, tangible acts express the deep, wide compassion of God.

MAKE A SIGN

Since it is hard to be physically present with others because of physical distancing, we can be spiritually present with others by leaving signs of hope in our yard. The surprise of seeing a simple word or picture of hope can fill us with encouragement and help us keep going on our way.

SMALL
ACTS.
GREAT LOVE.
-MOTHER TERESA

Write and draw encouraging words, phrases, and/or images for your neighbors using sidewalk chalk on your driveway/sidewalk or make a poster to hang from your window or door.

What messages of hope and encouragement do you want to share?

Here are some quotes for inspiration:

- “We can do no great things, only small things with great love.” —Mother Teresa
- “No one has ever become poor by giving.” —Anne Frank
- “When the whole world is silent, even one voice becomes powerful.” —Malala Yousafzai
- “Just keep swimming.” —Dory

ACTIVITY FOR YOUNGER CHILDREN (PRESCHOOL)

For children who are not reading/writing yet, you can help them make signs with fun and encouraging symbols. Some examples of shapes and symbols you could use in your signs: hearts, stars, rainbows, peace signs, flowers, images of paths or roads through landscapes, hands, feet, smiles, etc.

If you want to share what you’ve created, we’d LOVE to see it! Take a photo of your Compassion in Action and post it online with the hashtag #illustratedministry and tag us @illustratedmin!

PRO TIP: CHECK OUT
THE COMPASSION
CAMP PINTEREST
BOARD FOR EVEN
MORE INSPIRATION!

LOVING SPIRIT

You are

Active & Alive

ALWAYS MOVING AND STIRRING
WITHIN AND AROUND US

Please be an

ENCOURAGING WIND

AT OUR BACKS

GIVING US

OPEN MINDS

AND

SOFT HEARTS

TO FOLLOW
WHERE YOU LEAD



FLEXIBLE IN THE PRESENT

IN EACH MOMENT

that we might

EMBRACE COMPASSION

by LETTING GO
OF WHAT WE

EXPECTED.

amen

DAILY EXAMEN

Below is a Daily Examen card which offers an opportunity to talk together about the day's experiences and lessons. It helps us ask each other questions and remember to be thankful for the day. Have this Examen card with you when you're sitting at the table for a meal or at bedtime. Take a few minutes to pause and share about your day. Begin by saying the opening line and the prayer. Then use the questions as a guide to reflect on the day. You can ask each other one question or all the questions. Taking time to remember what you felt and learned during the day helps deepen our compassion.



daily examen

OPEN God is good, **all the time!**
All the time, **God is good!**

PRAY **God-With-Us,**
You lead us on life's path.
Move our hearts so we can be there for
others along the way. **Amen.**

What **surprised** you today?
What **disappointed** you today?
When did you **share kindness** today?
When did you **not share kindness** today?
And what are you most **thankful** for today?