



# Journeys in the Spirit



Children's work edition    How to use guide

*Journeys in the Spirit*, children's work edition, is a resource providing materials for adult Quakers working with children aged 5 - 12 in Quaker Meetings, all age events, residential gatherings and camps. It comes out every month and is free by subscription.

- It offers thought out activities and approaches as a springboard for ideas that will stimulate the children and the adults working with them.
- Underpinning the activities and approaches is the idea that there are four directions to our spiritual journey: Inwards to ourselves; outwards to others; upwards (or even further inwards) towards the deeper mystery; downwards to the world we live in.
- *Journeys in the Spirit* is published in two formats – each on alternate months:

One month the issue is on a theme with an easy to use structure set out in a four page booklet that always includes the same elements: Getting ready; Gathering; Engaging; Responding; Reflecting. This also has links to online resources.

The alternate month the issue is a topical activity. This is about something in the news or of seasonal interest and includes activities and ideas about ways to help children think about and respond to the issues raised.

## Using *Journeys in the Spirit* – some do's and do not's

### Do:

- **plan well:** ensure you are clear on what you are doing and why; liaise with your co-worker(s) and gather together the necessary resources in advance; when using the themed issue read the 'getting ready' section first and when using the Topical Activity there will always be introductory information to read.
- **prepare well:** arrive early, set up the space appropriately and be ready to welcome the children.
- **know your group well:** choose what you will do carefully, taking into account the ages, abilities and needs of the children.
- **deliver well:** using the themed issue try to offer something from each of the 'gather', 'engage', 'respond' and 'reflect' sections, giving a variety of approaches; using the Topical Activity try to offer a complete activity maybe over a couple of sessions.
- **review well:** spend time afterwards, with your co-worker if possible, talking about how it went and thinking about what follow up might be beneficial.

### Don't:

- **try to do everything:** each issue seeks to offer enough material to be the basis for at least two sessions on the theme.
- **follow everything as written:** each issue is devised to serve a number of situations and a range of needs, feel free to adapt the material to fit the gifts and talents in your meeting.
- **forget to create a sense of worship:** ways to shape worship in the Quaker way are offered in each issue.
- **be fixed in your plan:** it is fine if your session ends up somewhere other than you had planned - be open to fresh thinking, direction and the leadings of the children.
- **have all the answers:** instead seek to encourage children to wonder and explore.



## Two core principles underpin each issue of *Journeys in the Spirit*

**The first** is that children should be offered opportunities to explore and develop their own experience, knowledge, understanding and practice of Quakerism.

**The second** is that there are four directions to our spiritual journey: *Inwards* to ourselves; *Outwards* to others; *Upwards* (or is it further *inwards*?) towards the Light, God, the deeper mystery; *Downwards* to the world we live in. '*Journeys in the Spirit*' offers ways for each of these to be explored in a Quaker context.

## *Journeys in the Spirit* includes:

**The theme based issue** has enough ideas and activities for several sessions with children and can be extended by using the online material on the *Journeys in the Spirit* web pages. These online pages include:

- Additional resources sheets – for each issue such as pictures, templates or scripts.
- More resources and links – to help with the theme and topic.
- An easy to use plan – an outline for a Children's Meeting based on the content of the issue.
- An all age worship plan – an outline for an all age Meeting for Worship linked to the theme of the issue.

**The topical activity issue** is a four page booklet with enough activities for at least two sessions with children.

### Online there is also:

- A catalogue of previous issues – back to January 2007.
- Links to special issues about: Quakers and the abolition of the slave trade; outreach to schools; working with 0 - 4s; World War I; Quaker worship; working with 0-4s.
- A link to the youth work edition of *Journeys in the Spirit*.

The online material is easy to access in one place at: [www.quaker.org.uk/journeyschildren](http://www.quaker.org.uk/journeyschildren)

### A quote from a '*Journeys in the Spirit*' subscriber:

"*Journeys in the Spirit* has been an outstanding inspirational and material resource without which we would have found it very difficult to make progress".

'*Journeys in the Spirit*' is published by the Children & Young People's Staff Team in Quaker Life and is available free by subscription either by email or on paper.

Back issues are catalogued and available on the *Journeys in the Spirit* children's edition web pages at: [www.quaker.org.uk/journeyschildren](http://www.quaker.org.uk/journeyschildren)

If you have any queries about '*Journeys in the Spirit*', have an idea for a future theme or would like to be a writer please contact the children and young people's team at: [cypadmin@quaker.org.uk](mailto:cypadmin@quaker.org.uk)