

Dear Parents/Guardians;

Our children are born already in a relationship with God. It is our job to nurture that relationship. Communication is the key to any good relationship. We communicate with God through prayer. For the month of September, Take Home Sunday School will be focusing on Communicating with God.

For your children ages 3-6, the packet includes a beginning reader friendly book of prayers. The book includes Thank-you, Praise, Penitence and Petition prayers. Reading and praying with your child helps them to learn how to “pray without ceasing.” Each day or evening can be a different prayer. The book isn’t one that must be read through cover to cover. Instead, pick a prayer and read it sincerely. Please take the time to have your child read a prayer a day with you.

In addition to the book, the take home packet is filled with different types of praying activities. Each week can have a different focus.

- Prayers that have already been written. (Book)
- Prayers that your child writes themselves. (Prayer Journal)
- Contemplative prayer. (Anglican Prayer Beads, Quiet Game)
- Labyrinth prayer. (Picture that can be traced with finger)

Included is a simple coloring book and a sticker book. These activities are meant for fun, not work.

Your sister in Christ,

Brenda Komarinski

## Anglican Prayer Beads for young children

Anglican prayer beads are similar to the use of the rosary beads. Using our fingers to touch each successive bead helps keep our mind from wandering, and the repetition and rhythm of the prayers leads us into stillness.

A simple way to begin with young children is to have them praise while holding the cross. For example: "Glory to God" or "Blessed be God".

Moving onto the next bead, called the Invitatory, a young child could use "Come Lord Jesus" or "I bless the Lord".

The remaining four large beads are called the Cruciforms and the small beads are called the Weeks. The same prayer is usually repeated on the Cruciforms and a different one is used for the weeks.

A child who is just learning the Lord's prayer could use "Our Father who is in heaven" for the Cruciforms and "Holy is your name" for the weeks.

They can also use prayers from their book or ones that they have made up themselves.

Traditionally, the prayers are said going around the beads three times in representation of the Trinity.

A nice closing while holding the cross is "Thanks be to God" or a simple "Amen".

## Labyrinth for young children

Young children are developing their fine motor skills. Using their fingers to trace along the path of a labyrinth aids in this. This can have a relaxing and centering effect, and is one way to practice mindfulness.

How to do A Labyrinth Meditation (from <https://craftwhack.com/how-to-draw-labyrinth/>)

- Place your labyrinth drawing in front of you on a table.
- Using your finger, slowly trace the path from the outside to the center of the labyrinth. (Using the pointer finger from your non-dominant hand is said to help you focus better.)
- Keep your breathing slow and steady the whole time and focus your attention only on your finger tracing the path.
- Pause for a moment and take a few deep breaths.
- Trace the path back out to the beginning, still breathing slowly and focusing only on the path.
- Sit quietly for a moment and observe your thoughts and feelings. Feel free to take some time to write or draw after your labyrinth journey.

Young children also have a need to move! If you want to take your child so that they can walk one, here are a few:

20 Governor Fuller Road Billerica, Massachusetts 01821-2015

Jennifer Dewar, Phone: 978-667-1358, Email: [yoganana@comcast.net](mailto:yoganana@comcast.net)

Always open

Labyrinth is outside and always accessible, but we encourage pilgrims to contact us for directions and to tell us when they are coming to walk.

Rose Fitzgerald Kennedy Greenway Boston, Massachusetts 02110

Always open

The Labyrinth is a key feature of Armenian Heritage Park located on the Rose Fitzgerald Kennedy Greenway between Faneuil Hall Marketplace and Christopher Columbus Park, at the intersection of Atlantic and Cross Streets in downtown Boston.

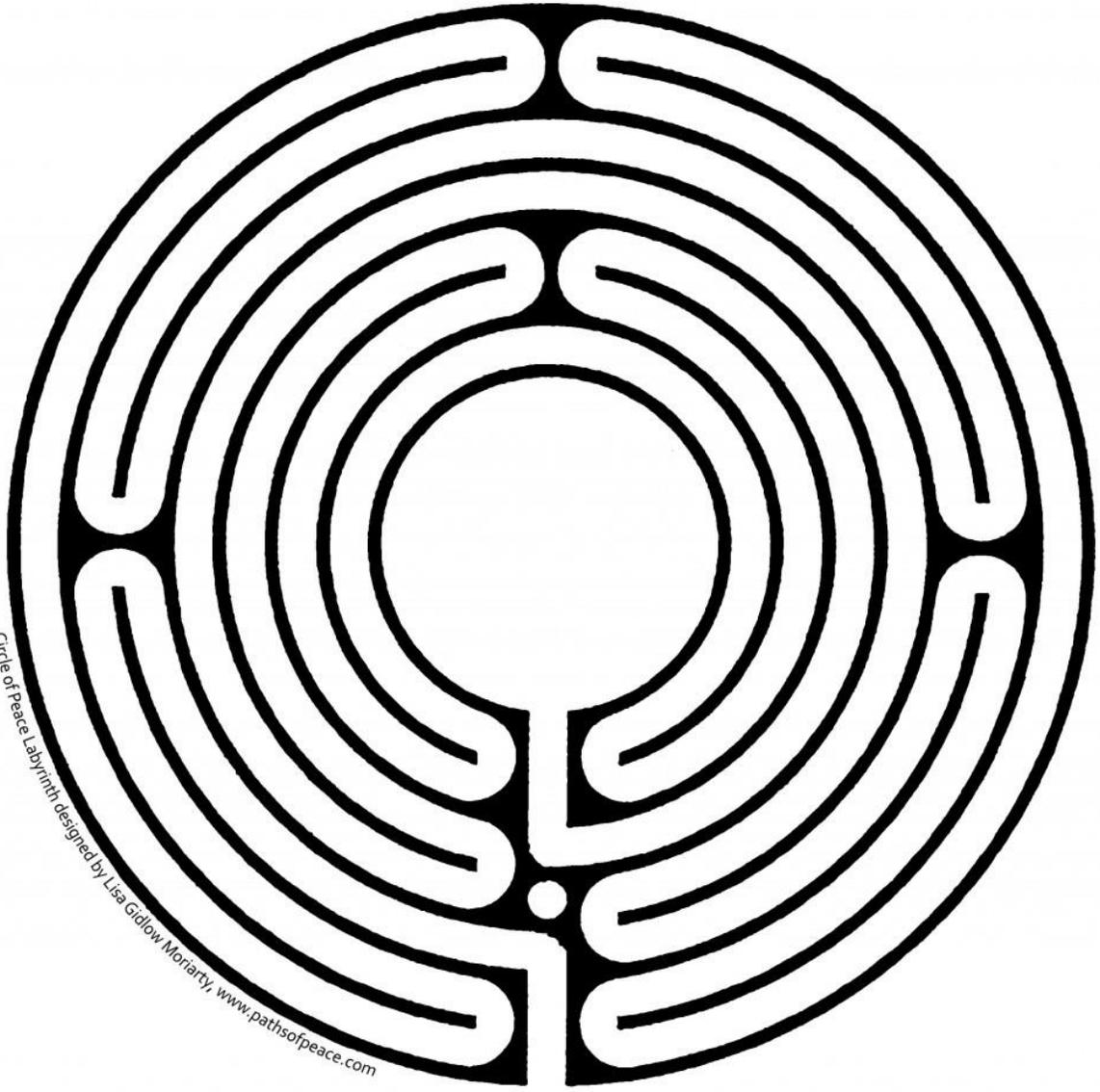
Cathedral Church of St. Paul

138 Tremont Street Boston, Massachusetts 02111

The labyrinth is on the main stone floor of the sanctuary

Roger Lovejoy, Phone: 617-879-6310, <https://www.stpaulboston.org>

The Labyrinth is now also open as long as the church is open - on weekdays from 9-5, and weekends may vary



Circle of Peace Labyrinth designed by Lisa Gidlow Moriarty, [www.pathsofpeace.com](http://www.pathsofpeace.com)

## The Quiet Game

Tell everyone when the game is going to start.

Set the timer to the length of time desired. (For very young children, usually 2 minutes is good. For older children, stretch it to 15 minutes.)

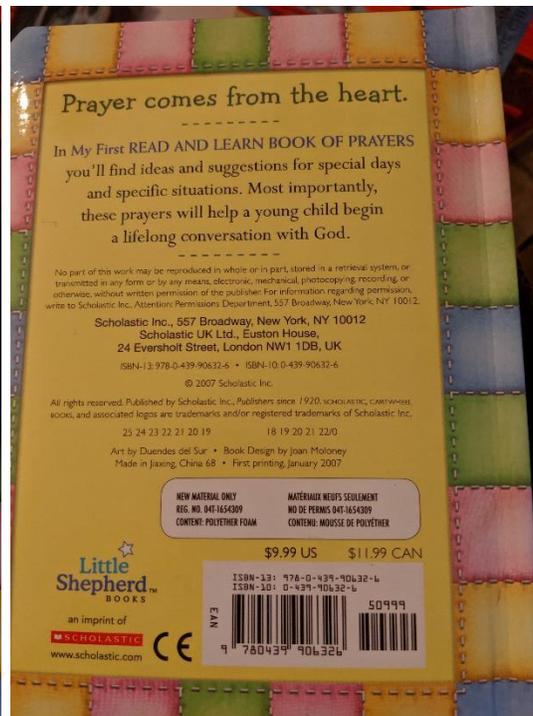
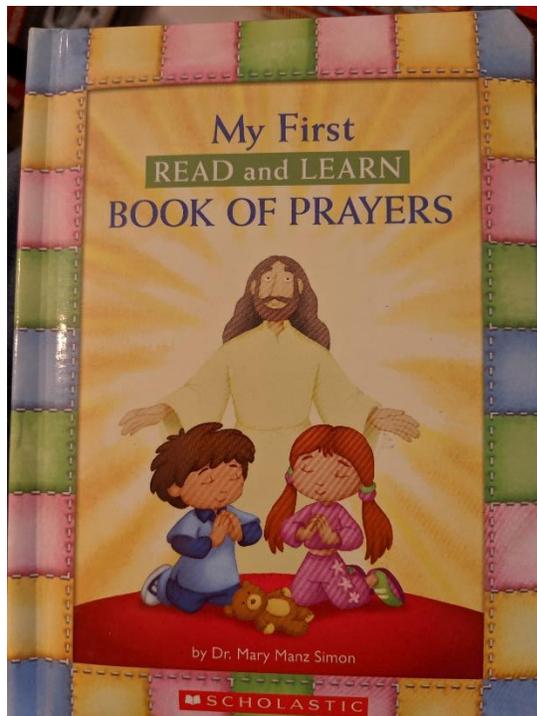
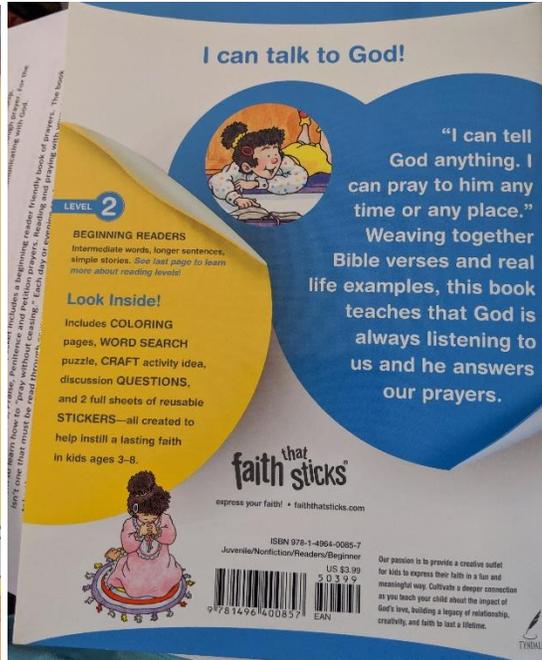
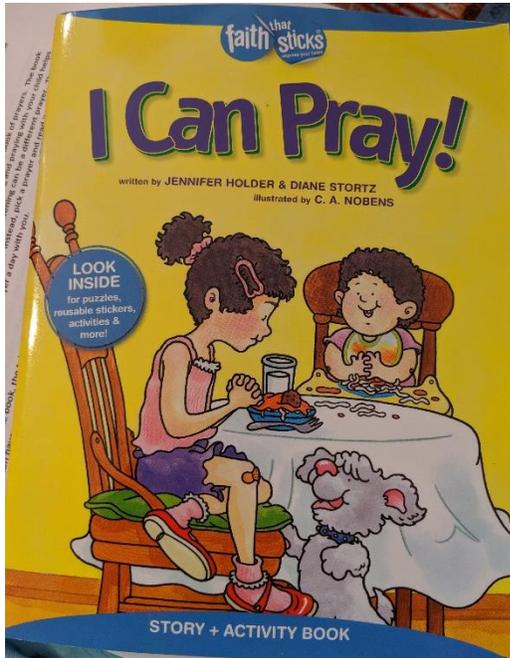
Sit in a circle.

Stay quiet.

The one who stays quiet for the longest wins.

Sneezing and coughing are exceptions, but if you laugh, you are out!

Include in the packet were a set of Anglican prayer beads, an egg timer, a simple coloring book, a prayer journal, and the following Activity and Read and Learn Prayer books:



The books can be purchased at Amazon or ChristianBook.com