

# **FOUNDATIONS**

edited by

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Worksheets and illustrations by  
Brian Beddowes

PART A13  
Advent to Pentecost – 2022

# Church Union

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# Introduction

The Council of *Church Union* are delighted to bring to you this current issue of *Foundations* which has been completely re-designed by Diane Gordon, Lyn Mahoney, Karen Winder and Rona Dixon with a new illustrator Brian Beddowes. The work set before you represents a tremendous amount of work, energy and talent. Our children are such an important priority for us all in the establishment and maintenance of the Catholic Faith in the Church of England. We are confident that *Foundations* will inform, challenge and nurture this Faith. Please do feed back any comments to us, both positive and constructive, and any offers of help towards the next edition would be most welcome as we try and build up a new and fully comprehensive editorial team.

## Foreword

This weekly course of teaching for children and young people is offered to the Church by *Church Union*. We have put this course together drawing on our own experience of teaching children in parishes. We have had in mind the need for the material to:

Be able to be easily picked up and run by leaders who do not necessarily have detailed theological knowledge.

Be easily used by leaders who do not have a lot of time to prepare.

Be flexible to allow for sessions of different lengths of time.

Be adaptable: for small groups with wide age ranges, or large groups that are age specific.

We know the importance of being able to offer a regular weekly Sunday School, and hope that this material makes it as easy as possible to provide some straightforward teaching in a way that engages the children and helps to bring out the meaning from the scripture.

The material is based on the 3-Year Lectionary and so the children will be learning about the scripture readings that are also being read in church that day. Generally one reading for each week is taken as the basis of the lesson.

This is the third undertaking of this course and we continue to value feedback on the sessions, let us know what you like and what you don't like, and help us to develop the resource in future issues. We are also looking for more contributors, so if you think you could help, please let us know.

*Diane Gordon, Karen Winder, Rona Dixon and Mary Moore*  
Editors

# General Guidance Notes for those Leading the Sessions

1. The material is designed with a high degree of flexibility.
2. The material is pitched at 7 to 10 year old children, but where you see this symbol ☺ this is a suggestion for younger children, and where you see this symbol ⚙ this is a suggestion for older children.
3. The Bible translation used in preparation is the Jerusalem Bible.
4. We recommend that you look at the **Aim** for the week and read all of the Scripture passages prior to the lesson.
5. Each week is broken down into defined sections:
  - **Getting Started** – designed to introduce subject. It will often require the gathering of items.
  - **Today's Teaching** – This is the only section that is absolutely mandatory.
  - **Today's Activity** – practical activity involving worksheets with suggestions included where possible for younger/older children
  - **Prayer and Worship** – you can use this section differently depending upon how your Sunday School works – ie if it is entirely separate from the church worship you may wish to give this section high priority, whereas if your children re-join the church worship you may wish to omit, just use the prayer or say the Lord's Prayer.
  - **Bringing it All Together – taking it to others** – this section can also be used differently – some Sunday Schools share their work with the congregation, others put it on a display board – or it can simply be used to bring the session to a conclusion and recap.
6. You will need to ensure you make sufficient copies of the activity sheet.
7. In the worship section suggested hymns can be changed to one of your choice – or can be read from the hymn book rather than sung if required.
8. The “Our Father” can always be said as part of worship and prayer.

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## Aim

To understand that Mary's strong faith enabled her to follow the will of God.

### Today's Readings

OT	Mic 5:1-4
Psalm	80
NT	Heb 10:5-10
Gospel	Luke 1:39-45

### Today's Prayer

Dear Lord,  
Help me to be ready to receive your Word and to respond to it. When I don't want to hear your message strengthen my faith and enable me to listen. Help me to accept Your Word.  
**Amen.**

## Getting Started

You are busy doing something you want to do, e.g. playing football, watching TV or using your device; how do you respond when your parents or carers ask you to tidy your room or go to bed? Tell the person next to you. Do you make excuses or shout out 'in a minute'? Do you ever neglect to do what you have been asked to do?

## Today's Teaching

### Bible Reading - Luke 1: 39-45

Mary had been visited by the angel Gabriel. Firstly, the angel told Mary she was to bear a son. He was to be conceived by the Holy Spirit. Secondly, the angel told Mary that her kinswoman, Elizabeth, who was in her old age, was six months pregnant. These messages were amazing. Two miracles brought about by God's power. Mary had a faith that was strong and unwavering. She didn't question these miracles but accepted them.

Mary did not hesitate but set out for the house of Zechariah, Elizabeth's husband. The journey would have taken Mary at least three days. This was not an easy journey for a young girl. Her cousin Elizabeth, lived in a town, thought to be Ein Kerem, on a hill in the country of Judea. The journey would have been dangerous at points and there was no public transport or taxis to get her there. How do you think Mary travelled to get to Elizabeth's house?

Mary went in great haste to see Elizabeth. She wanted to see this great miracle for herself. When she arrived the spirit of God in Elizabeth rejoiced and her baby leaped in her womb as soon as she heard Mary's greeting. What do you think Mary and Elizabeth said to each other? In pairs have a conversation in role one of you being Mary and the other Elizabeth. Listen to each other's conversations.

This meeting was ordained by God. This was a very special moment for both Mary and Elizabeth. Elizabeth's son, John, would be the last prophet to tell the people to prepare for the coming of The Messiah. Both women were blessed by God.

Discuss why Mary is the most blessed of women.

Mary would bear the greatest of all children, Jesus the Son of God. She was most blessed because she did not question what was to happen. She accepted the will of God. She said to the angel Gabriel "Let what you have said be done to me."

Have you got the same faith as Mary?

How would you respond if an angel visited you to tell you God wanted you to serve him in a particular way?

Would you believe a message sent by God? Can you hear God? Are you ready and listening?

☺ Draw Mary and Elizabeth speaking to each other.

✧ Create an information sheet to show how we can hear messages from God.

## Today's Activity

For this activity you will need an activity sheet, coloured pens or pencils and a writing tool.

- In the heading box write How can I accept the will of God?
- Label each box with numbers 1-5
- In Box 1 write Trust! Have faith in God. Either draw or write a few sentences recalling a time you trusted God to help you.
- In Box 2 write Pray write a prayer to begin the day with asking God to lead you through the day.
- In Box 3 write Read the bible. Write down one verse from today's reading. Think about what it really means.
- In Box 4 write Live out His Word. Mary greeted Elizabeth. Write how you would greet your family, friends members of the church and people you don't know. Write Greetings are important because .....
- In Box 5 write Be the Light. Either draw or write how you can show love and care to others.

## Prayer and Worship

Prayer: Lord, help me to hear you today.

Speak to me through Your Word.

Lead me through the day Lord.

You know what I need.

Guide me through the difficult parts of the day and keep me away from sin. Amen

Suggested Hymns/Songs: The Angel Gabriel  
Tell out my soul

## Bringing it All Together – Taking it to Others

Bringing it All Together – Taking it to Others

Today we have begun to understand that Mary's strong faith enabled her to follow the will of God. We have explored how we too can accept the will of God. Ask children to help explain the 5 ways to help you accept God's will.

- Trust – Recall a time of trusting God
- Pray – Read out a prayer for the beginning of the day.
- Read the Bible – Becoming more familiar with the story. Some detail you have noticed today.
- Live out His Word – read verse 41 and explain the importance of greetings
- Be the light – Explain how you can show love and care



**Sunday 19th December 2021**

**Name**

**Age**

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## Aim

Have an understanding of John the Baptist teaching repentance.

### Today's Readings

OT	Isa 52:7-10
Psalm	98
NT	Heb 1:1-6
Gospel	John 1:1-18

### Today's Prayer

Dear Lord, in today's world we are easily distracted by the commercial side of Christmas. Help us to focus on the real meaning of Christmas. Let us praise God for The Word made flesh through the birth of Jesus. **Amen.**

## Getting Started

In the bible we read of many things God said to various people. Do you know which of the following are things God said?

Play a game of True or False. The teacher reads out a list of things God may or may not have said. If the children think the statement is true they stand up. If they think the statement is false they squat down.

- Honour your father and mother. T
- You can steal food if you are hungry. F
- Man doesn't live by fish and chips alone. F
- Let there be light. T
- Make yourself an ark. T
- Go to London. F
- Go and fight the philistines. T

## Today's Teaching

### Bible Reading - John 1: 1-18

#### Read verse 14 again

The Word was God. Today we will concentrate on verse 14

"The word was made flesh, he lived among us, and we saw his glory."

When God speaks he reveals something about himself to the world. We learn that when Jesus was born God became flesh. He was here on earth, represented by His Son. Those who saw Jesus could see the perfect example of God in human form.

We saw his glory. Wow! What a moment for those who saw the baby. An exciting day that would live in the memories of all who met Jesus.

In pairs tell your partner about the most exciting time you have experienced when you met someone. Now imagine that excitement 100 times bigger. Perhaps you have met someone you did not recognise as famous or important. Later you can remember that first encounter.

How do you think Mary felt when visitors appeared at the stable to bring gifts and kneel down before her son? Do you think Mary knew how important the birth of her son was?

The glory was the achievement of the birth of Jesus, the Son of God. Jesus himself would slowly reveal his achievements over the years, particularly in his ministry.

Today we continue to honour and praise Jesus and to give thanks to God for his human existence on earth.

Discuss how you honour and praise Jesus. Make a list of some of the most notable achievements of Jesus.

☺ Make a birthday card for Jesus.

✧ Create your own Christmas baubles with important words or phrases inside e.g. This is my Son.

## Today's Activity

For this activity you will need an activity sheet, coloured pens or pencils, a writing tool, scissors and string or strong cotton.

- Colour in the Christmas baubles.
- You may wish to copy these onto cardboard or stick onto cardboard.
- Cut out and add to a Christmas tree or Jesse tree or hang like bunting from string.

## Prayer and Worship

Prayer: Thank you God for sending Your Son,  
born of the virgin Mary,  
to live a perfect life and to die on the cross for my sins.  
Amen

Suggested Hymns:           Away in a manger  
                                  Go tell it on the mountain  
                                  The Virgin Mary had a baby boy

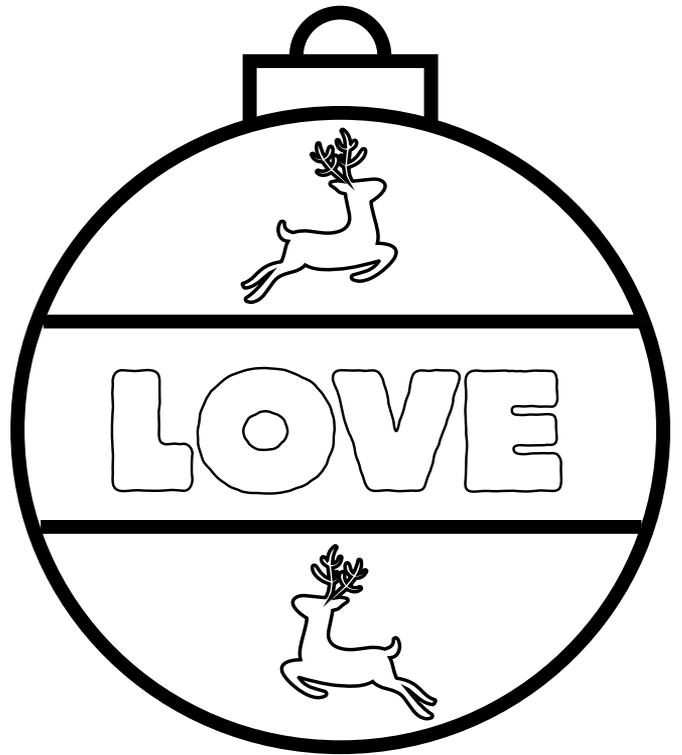
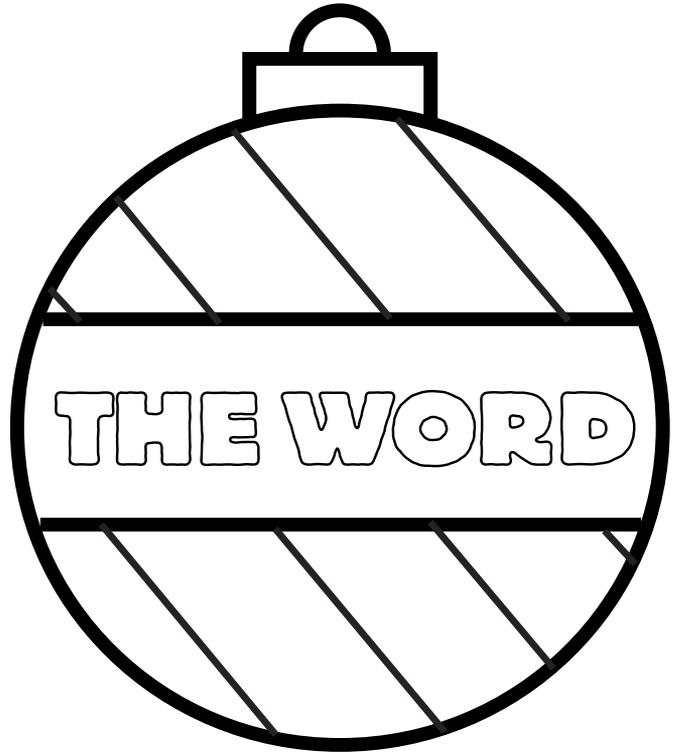
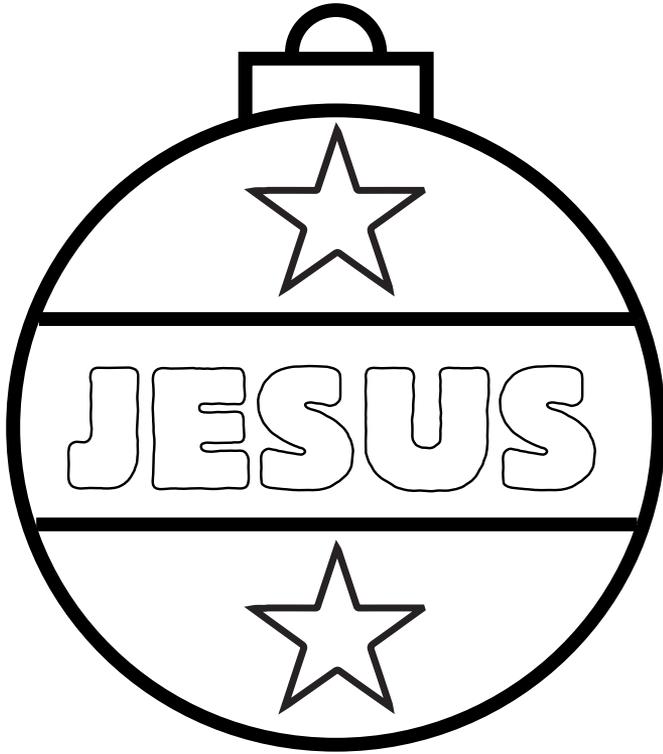
## Bringing it All Together – Taking it to Others

Today we have been thinking about The Word of God made flesh.

Today we say Happy Birthday Jesus. Welcome.

We thank God for the birth of His Son.

There may be an opportunity to hang your baubles or show them to the congregation.





## Aim

To understand that Jesus wanted to be in His heavenly Father's house.

### Today's Readings

OT	1 Sam 1:20-22, 24-28
Psalm	84
NT	1 John 3:1-2, 21-end
Gospel	Luke 2:41-end

### Today's Prayer

Dear God,  
Thank you that Jesus grew up, just like we do.  
Thank you that He had parents to take care of Him, just like we do. Thank you that Jesus knew you were His Father! Thank you for sending your Son to us. **Amen.**

## Getting Started

Have you ever got lost?

Ask the children to tell of a time they got lost. How did they feel?

How did their parents and carers feel?

How did you feel when you were found?

Things to know if you get lost

- 1 your phone number
- 2 stay in the same place
- 3 ask a mum with children for help

## Today's Teaching

### Bible Reading - Luke 2: 41-52

Jesus was about 12 when he went with his parents to Jerusalem. He is almost a teenager. It must have been an exciting time celebrating the feast of the Passover. The temple must have been fascinating, full of religious artefacts and filled with people with whom he could talk and exchange ideas. After the festival was over, his parents began the journey home. Jesus remained in the temple but Mary and Joseph were unaware of it.

In pairs take on the role of Mary and Joseph and have a conversation at the point when you realise Jesus is not with you and the others in your group.

How did Mary and Joseph feel?

Did Jesus think he was lost? Explain your thinking.

Did Jesus realise he had become separated from his parents?

Why did Jesus stay in the temple?

After three days of searching for Jesus they found him in the temple at Jerusalem.

"Why were you searching for me? Didn't you know I must be busy with my Father's affairs?"

Mary and Joseph did not understand what he meant.

Discuss what you think Jesus knew about his Father in heaven even though he was only 12.

Then Jesus went with Mary and Joseph to Nazareth and was obedient to them. Mary treasured all these things in her heart. Jesus grew in wisdom and stature, and in favour with God and man.

Discuss what Mary would have treasured in her heart about Jesus as he grew older.

This story highlights the differences between the everyday life of Jesus among humans and the life Jesus was to grow into with his heavenly Father.

Jesus found favour with God and humans. He was obedient to both his earthly parents and his heavenly Father. Discuss the meaning of favour.

☺ Draw Jesus as a 12 year old boy with his earthly parents.

✧ Create thought bubbles to show what 12 year old Jesus may have been thinking when Mary and Joseph returned to the temple for him and what he may have been thinking in the temple before he was found. Colour code the bubbles to show the two different thought processes.

## Today's Activity

*For this activity you will need an activity sheet, coloured pens or pencils and a writing tool, scissors and glue.*

- Cut out the temple and fold open the door.
- Stick the temple onto an A4 sheet.
- Stick the boy Jesus inside the door.
- Draw Mary and Joseph on a separate sheet of paper. Cut them out and add them to the temple scene.

## Prayer and Worship

Say the prayer at the top of the page, the Lord's Prayer or a prayer of your choice

Suggested Hymns/Songs:

### **To the tune of "Frere Jacques**

Where is Jesus, where is Jesus,

Is he lost? Is he lost?

He is in the temple, he is in the temple

In God's house, in God's house.

## Bringing it All Together – Taking it to Others

Today we have been thinking about The Holy Family and the time that Jesus got lost.

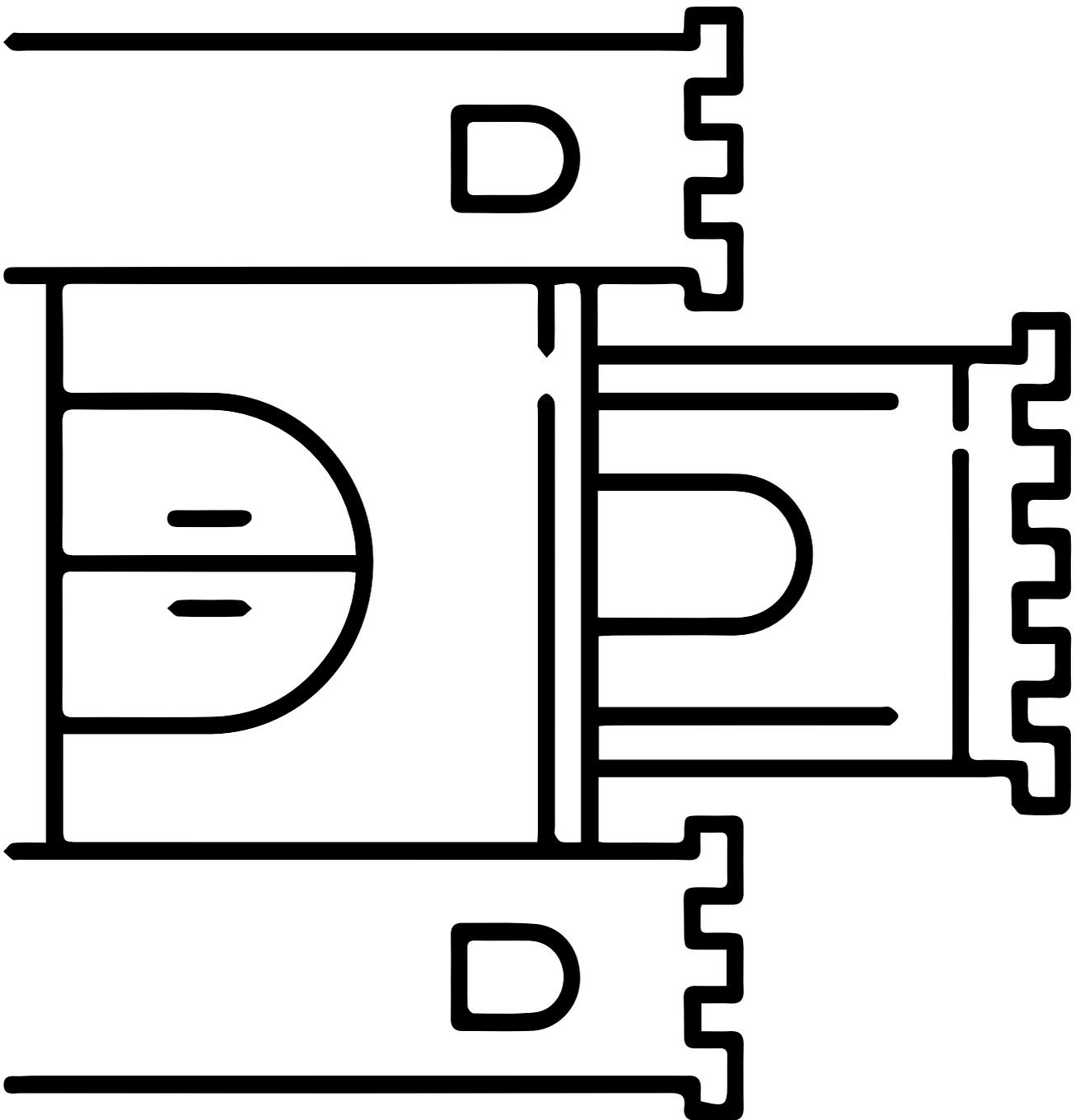
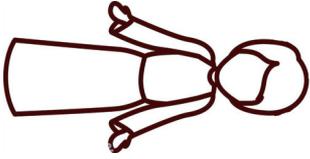
The children can show their temples and what is behind the door.

The children can sing the song to the congregation.

Monday 26th December 2021

Name

Age





## Aim

To know that God sent the star to guide the wise men to Jesus.

### Today's Readings

OT	Isa 60:1-6
Psalm	72
NT	Eph 3:2-3a, 5-6
Gospel	Matt 2:1-12

### Today's Prayer

Dear God,  
Thank you for the star that guided the wise men to Jesus. As they followed the star on their journey to encounter Jesus, guide me too so that I may know Him, love Him and praise Him.

**Amen.**

## Getting Started

Imagine you are going on a journey, with the wise men, following a star. What will you take with you?

When will you travel?

How far will you travel?

Why are you going on this journey?

If you were asked to go on this journey today what would your response be?

Why do you think the wise men had to make this journey?

## Today's Teaching

### Bible Reading - Matthew 2:1-12

The timing of the visit from the wise men is important to understand. Jesus had already been born in Bethlehem. The star appeared to them sometime after the birth of Jesus. When they finally meet Jesus and Mary, Jesus is a child and they are in a house, not the stable. This tells us that some time has passed.

The star appeared to the wise men. Matthew tells us that they saw it as it rose. God had provided a guide for them to locate the child Jesus. The wise men came to Jerusalem from the east and so were traveling westward.

When the wise men came to Jerusalem they came first to the court of King Herod. This was where they expected to find a king. But this was not the king they were looking for. They were looking for an infant king of the Jews. King Herod was perturbed and so were the people of Jerusalem.

What do you think perturbed means?

Why did king Herod feel perturbed?

Why were the people of Jerusalem perturbed?

Herod didn't know anything about Jesus and had to ask the scribes and chief priests for information. He called a secret meeting with the wise men. He needed to find out more about Jesus. He asked them to let him know where the child was. Why?

God was at work. When the wise men set out again the star appeared in front of them. God was guiding them to where Jesus was. They were joyful because they would see Jesus. What kind of meeting do

you think took place between the wise men and Jesus?

When they met Jesus they gave him gifts. Discuss what the gifts were and why they were given to Jesus.

In a dream they were warned not to go back to Herod and so they took a different route to return to their own country. God was there to protect his Son. God was working out his plan; His prophecies were fulfilled and miracles happened.

☺ Draw the wise men following the star.

✧ Compare and contrast the two kings – Herod and Jesus. Choose how you will present your information.

## Today's Activity

*For this activity you will need an activity sheet, coloured pens or pencils and a writing tool.*

- Decorate the star
- In the box labelled Herod write what you know about him. This could be single words or notes.
- In the box labelled timing write what time of day the wise men travelled and when they met Jesus.
- In the box labelled The wise men write what you know about them.
- In the box labelled God at work write ways in which God helped and protected the wise men and His Son Jesus.

## Prayer and Worship

Say the prayer at the top of the page, the Lord's Prayer or a prayer of your choice

Suggested Hymns:            Three Kings from Persian lands afar  
   We three kings

## Bringing it All Together – Taking it to Others

Today we have been thinking about God at work, in particular how he guided the wise men to Jesus and how He protected His Son.

Here the children can explain in their own words about the star and how Jesus was protected from cruel Herod.

The prayer at the top of the page can be read out in conclusion.

**Sunday 2nd January 2022**

**Name**

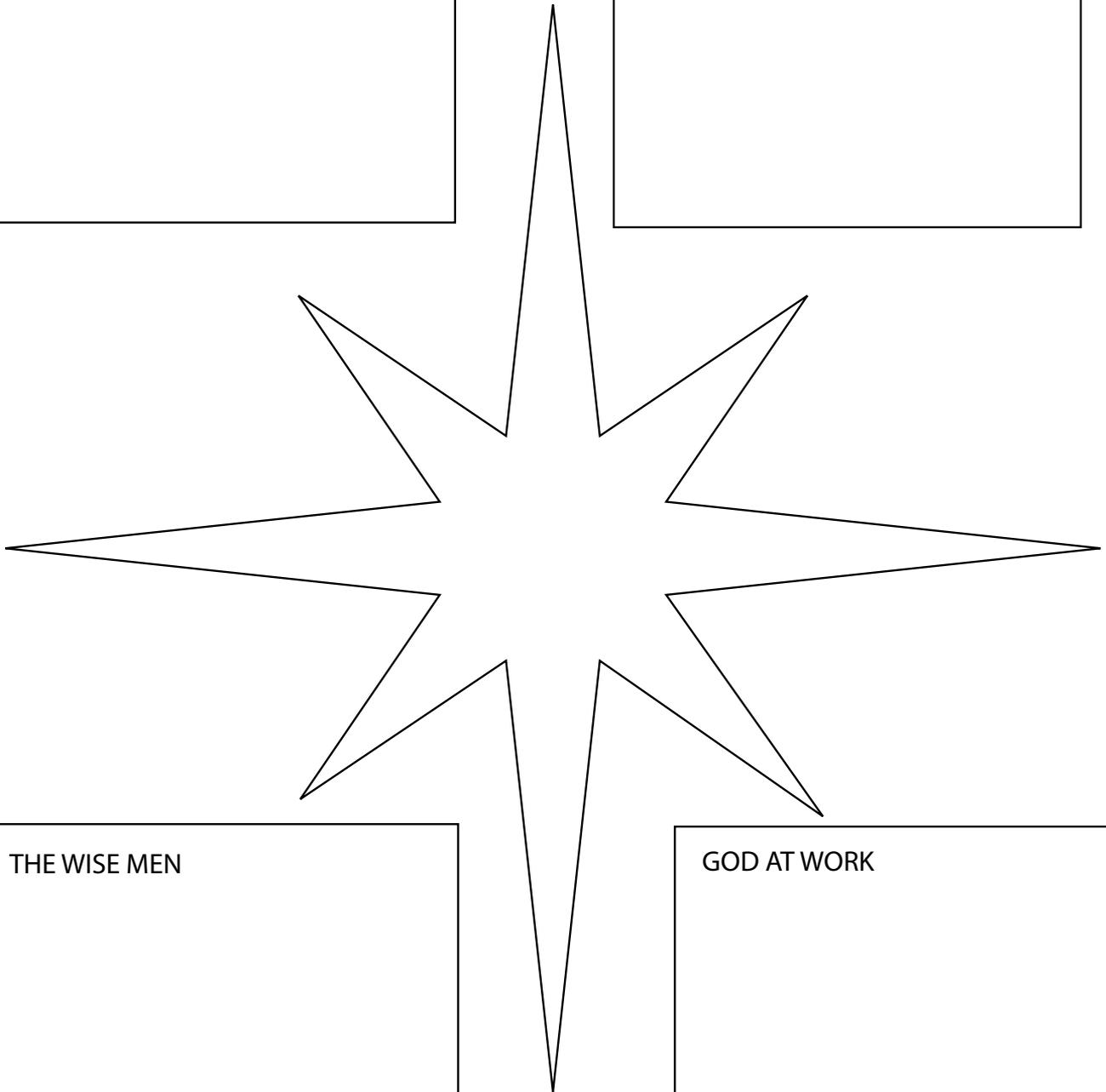
**Age**

HEROD

TIMING

THE WISE MEN

GOD AT WORK





## Aim

To explore the importance of Baptism.

### Today's Readings

OT	Isa 40:1-5, 9-11
Psalm	104
NT	Titus 2:11-14; 3:4-7
Gospel	Luke 3:15-16, 21-22

### Today's Prayer

Dear God, thank you for your Holy Spirit that protects me and guides me and helps me. Jesus needed The Holy Spirit in His ministry and to perform miracles. Enable Your Holy spirit to teach me and remind me of the teachings of Jesus so that I bear good fruit. **Amen.**

## Getting Started

What is a baptism?

Have you ever witnessed any in your church?

Discuss what you know about baptism as a group.

Consider why the font is usually near the entrance of a church. (Because it is where we enter our faith.)

## Today's Teaching

### Luke 3:15-16, 21-22

Baptism represents the forgiveness and cleansing of sins. It acknowledges one's confession of faith and belief in the gospel message. It marks the entrance into the Christian community.

Many babies and children are baptised and their Godparents promise to help bring them up in the Christian faith. Sometimes adults are baptised. They can make their baptismal promises themselves.

The Greek word baptidzo means dip or to immerse.

Jesus was baptised in the river Jordan by John the Baptist. Jesus was an adult at this time and John took Him into the river and immersed Him. Jesus then prayed to His Father in heaven. Three things then happened

- 1 Heaven opened
- 2 The Holy Spirit descended upon Him like a dove.
- 3 A voice came from heaven and spoke to Him (verse 22)

What did the voice from heaven say to Jesus?

John baptised Jesus with water. John knew that Jesus would be more powerful than him and would baptise people with The Holy Spirit.

Water cleanses the outside of us. In baptism it washes away our sins. The Holy Spirit lives within us and is our guide from heaven. When we are baptised, we have two baptisms in one, an outer baptism and an inner baptism.

Whilst John the Baptist could baptise Jesus on the outside God sent The Holy Spirit to baptise Jesus

on the inside.

We can see the baptism of water; the priest performs this rite. However, we cannot see the baptism of The Holy Spirit but we know that when we are baptised God sends us the gift of The Holy Spirit. The Holy Spirit remains within us to guide us and help us throughout our Christian lives.

God knew that Jesus needed The Holy Spirit. After he had received it he ministered and performed miracles. The Holy Spirit guided Jesus in His work and His life and in His death.

God is Father, Son and Holy Spirit. God is The Holy Spirit and he lives in us because we believe in Jesus.

☺ Colour the picture of Jesus being baptised.

✧ Create a poster to illustrate When you believe in Jesus you are filled with The Holy Spirit.

## Today's Activity

*For this activity you will need an activity sheet, coloured pens or pencils and a writing tool.*

- Colour the picture of Jesus being baptised.
- Consider how The Holy Spirit helps you day by day. Make a list on the back of the activity sheet.

## Prayer and Worship

Say the prayer at the top of the page, the Lord's prayer or a prayer of your choice

Suggested hymns: Be still for the presence of The Lord  
Breathe on me breath of God  
O Jesus I have promised

## Bringing it All Together – Taking it to Others

Today we have thought about the importance of baptism and in particular the baptism of Jesus. Here each child can explain what they know about baptism and what was special about the baptism of Jesus.

The children can say together

“God is The Holy Spirit and he lives in me because I believe in Jesus.”

Each child can take it in turn to complete the statement  
I need the Holy Spirit because .....





**Aim**

To understand that Jesus can change things both physically and spiritually

<b>Today's Readings</b>	
OT	Isa 62:1-5
Psalm	Ps 96
NT	1 Cor 12:4-11
Gospel	John 2:1-12

<b>Today's Prayer</b>
<b>Lord Jesus.</b> Help us to open our hearts to you To share your words and your love So that others can see your glory and come closer to you <b>Amen.</b>

**Getting Started**

For this activity you will need a clear jug full of water and some blackcurrant squash undiluted, and hidden from the children's site.

Show the children the jug of water, and ask them to identify what you are holding. Turn away from them and add some squash to turn the water purple. Then show the jug again.

Ask the children what has happened to the water - it has turned purple

Explain how this happened – by adding something to the water it changed

Today we are going to learn how Jesus made something change.

**Today's Teaching**

**Bible Reading – John 2:1-12**

Read the passage or ask older children to read it.

Jesus and his disciples had been invited to a wedding along with his Mother: They ran out of wine, which was a very bad thing to happen at a wedding celebration. Let's see how the story unfolds:

Firstly, Mary, identifies the problem to Jesus, by saying "They have no wine"

Jesus does not really want to perform a miracle at this time, this is because he has not yet started his three years of ministry, however he does not want to let his Mother down, and she continues to encourage him to fix the problem by involving the servants and telling them to:

"do whatever he tells you".

This shows us that Mary has faith in Jesus, and gives us all an instruction to do whatever Jesus tells us to.

Secondly, Jesus commands that the very big jars are filled with water.

Thirdly, he asked them to draw some of the liquid from the jars and to take it to the steward (the person in charge of the wine); When the steward drinks the liquid it has turned into very fine wine. The steward is amazed and asks the bridegroom why he has kept the best wine until now because normally this would be served first.

This is the first recorded miracle that Jesus performed which was at a wedding in Cana in Galilee. The disciples were able to see his glory. What changes happened ?

There was a physical change – the water became wine. We read in the bible in lots of places where Jesus healed people – enabling blind men to see, lepers to become clean and lame men to walk. These were physical changes.

There were spiritual changes too. The disciples witnessed this and recognised the Glory of God in Jesus. Mary demonstrated the power of faith in Jesus. The servants saw it too. So it changed their hearts and opened them to Jesus.

We need to show the same faith, trust and obedience to Jesus and great things can be accomplished sometimes in the smallest of ways.

## Today's Activity

*You will need an activity sheet for each child copied onto card, a second piece of A4 card cut in half long ways, scissors and colouring pens or pencils. Any collage materials that you have to hand for the younger children's activity.*

Colour in the heading and memory verse

Colour the pictures of Mary and Jesus

Cut out the wine goblet shape (carefully as you may wish to use it later for the younger children) and the two vertical slots each side

The second piece of card needs to be marked in half – one side should be left white and the other coloured red

Feed this through the two slots so that this card is behind the cut out goblet shape' if you pull it one way white card shows behind the cut out goblet shape and if you pull it the other way then the red coloured card shows

✧ Older children may wish to work together to make a list of other miracles that Jesus performed – this could be a poster with illustrations

☺ Younger children can use the cut out goblet shape as a stencil to draw around on a separate piece of paper and then fill the goblet shape with collage materials – you could probably fit 4 onto a page.

## Prayer and Worship

Light a candle and ask the children to sit around it being quiet and still. Say the prayer at the top of the page and allow a brief period of silence. Then say the Lord's Prayer.

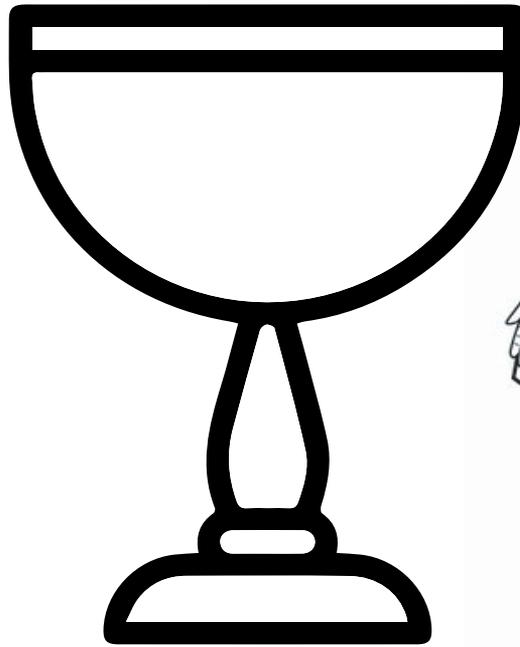
Suggested hymns: Songs of Thankfulness and Praise  
Sing of the Bride

## Bringing it All Together – Taking it to Others

Today we have been learning about the first miracle that Jesus performed. Ask the children what it was. The children can demonstrate the change by showing their activity sheets. Older children may wish to list other miracles if they did this activity.

Explain that we have Memory Verse and ask the children to say this together "Do whatever he tells you"

# THE WEDDING AT CANA



JESUS TURNS WATER INTO WINE

TODAY'S MEMORY VERSE IS JOHN 1:5B

“DO WHATEVER  
HE TELLS YOU”