



WorkshopCycles

THIS IS MY BODY...

Developed by Tracey E. Herzer

This program was created at
All Saints' Episcopal Church in Atlanta, GA, 2003

Cycle Coordinator: Judy Carter

Creative Consultants: Lauri Begley, Hank Harris,
Lillian Huber, Liz Jacobs, Polly Williams, and Tom Williams

LeaderResources

Evolutionary Resources™ for a changing church



Table of Contents: This is My Body

Introductory Materials

About WorkshopCycles

Recruiting Adults – Job Descriptions for Volunteers

A General Schedule for Class Structure

Cycle Materials

Theological Overview of this Cycle

Story for this Cycle

Suggested Resources for this Cycle

Activities Overview – Grid

Cycle Lesson Plans

Art Workshop

Computer Workshop

Drama Workshop

Movie Workshop

Story Workshop

Kitchen Workshop

Music Workshop

Publisher Information

About LeaderResources

About your Limited-Use License



© Copyright 2005, Tracey E. Herzer. Limited permission to reproduce only by and for an organization with a current LeaderResources license.

General Class Structure

- 1. OPENING ACTIVITY** (10-15 minutes, as children arrive)
Welcome students and make sure everyone has a nametag. Opening activities give early arrivers something to start on immediately and provide a warm, busy room for children to enter. The activity could be simply drawing or decorating your nametag. It could also be coloring sheets or simple games. Check the “Filler Activities” of your lesson plan for ideas or ask your Cycle Coordinator.

- 2. INTRODUCTIONS** (approximately 10 minutes)
 - a. Introduce yourself: Tell students about you – your family, how long you have been at this church, what kind of work you do, what your hobbies are, why you signed up to help teach, etc.
 - b. Introduce the cycle story or theme: Ask children what they’ve been studying or have done in other rooms on other weeks. Talk about the basic theme or season (see the Overview p. 6 for some ideas). Read the story to children.
 - c. Introduce your activity: Tell the children which part of the story your room focuses on, and perhaps ask them to re-tell you that part of the story in their own words.

- 3. WORKSHOP ACTIVITY AND REFLECTION** (approximately 25-30 minutes)
See attached lesson plans for specific instructions about the main activity. Supplies should be in your classroom, but if you need help, ask your cycle coordinator. If you run low on supplies, please tell your coordinator so they can plan accordingly.

If children finish early, you can use the “Filler Activities” provided in each lesson plan. In addition, you may use activity sheets (see Resources p. 12) as “quiet work” for the early finishers while they wait for everyone to complete the task.

Try to plan your time so children finish the activity and still have a few minutes to write or draw in their journals. Encourage them to take their work seriously, and try to foster a semi-quiet atmosphere that allows children to think about what they have heard, seen and experienced. Ask questions like “What did you learn today?” or “How did you feel while doing this activity?” Connect your activity back to the story. Studies show us that quiet reflection time is what helps move items from short-term memory into long-term memory so this piece is VERY important!

- 4. CLEAN UP** (approximately 5 minutes)
Have children help clean up. Make sure everyone has their papers, jackets, etc. If parents come to the classroom to pick up children, this is a good time to praise children in front of their parents. This is also the time to discuss any concerns or questions quietly with parents. Tell the children goodbye. Thank them for coming.



Theological Overview of this Cycle

A few words about Lent...

Many churches will use this cycle during Lent. Talk to students about what Lent is and about these six weeks we are given to prepare for Easter Sunday. Talk about how some people “give up” things during Lent as a way of remembering or honoring the sacrifices that Jesus made for us. Other people “take on” something extra during Lent – saying special prayers, collecting money or food for the poor, reading their Bible or spending more time at church.

Children need to hear the story of Lent and Holy Week. They already know something about pain and suffering and can understand the enormous sacrifice of the crucifixion. It is a pivotal part of the story of the relationship between God and God’s people. Some children’s bibles completely skip over the crucifixion, which I believe is a mistake. There is no need to go into a lot of gory detail, just present the story in simple words. With younger children, be sure to emphasize that “Easter is coming” with all the hope and joy that implies. Older children (4th grade and above) can live with a little more ambiguity and seem to really respond if you invite them into the starkness and mystery of Lent.

It’s true that Lent is a somber season and remembering what happened to Jesus is sad. But we also must remember that Jesus promised us he would not leave us comfortless. We know that from the starkness of Lent comes the glory of Easter, and we will celebrate Jesus rising from the dead, coming back to be with us in new and eternal ways. Jesus is here with us now... in our homes, in our church, in our hearts.

If a student’s question stumps or challenges you, remember it is perfectly ok to simply say, “I don’t know,” but tell the children you will try to find out and let them know. This is a cycle where I really recommend meeting with your coordinator and other teachers before the cycle begins. Take some time to read what scripture says about The Last Supper or about communion. Talk about some theology with your rector or Director of Christian Education. Spend some time in prayer alone. Write in a journal. Your experience will be all the richer if you see this not just as an opportunity to teach, but also to learn.

Learning about Eucharist

This cycle is designed to teach children about Eucharist. Every Sunday when we gather at the altar, we remember how Jesus gathered his friends together for a special supper. We remember how Jesus died and then rose from the dead and we celebrate all the ways that God loves and provides for us. Children will experience several weeks of learning about different aspects of sharing communion. If at all possible, close out this cycle with a special Eucharist for children and their parents. If a separate Eucharist is not possible, use your main Eucharist service, but acknowledge what the children have learned and use the items they decorate in the Art Workshop during the Eucharist celebration.

Do this in Remembrance of Him ~
Tracey E. Herzer



© Copyright 2003, Tracey E. Herzer. Limited permission to reproduce only by and for an organization with a current LeaderResources license.

Story for Cycle: This is My Body

Do This in Remembrance of Me

To be read each week of the cycle

Jesus had been teaching for almost three years. He had healed the sick and done many miraculous things. Lots of people had heard Jesus talk about God. They saw his kindness and they wanted to be around him. They loved him as a teacher and wanted to learn more from him. But some of the rulers and the priests in Jerusalem didn't like the things that Jesus taught and they wanted him to stop. They didn't think Jesus should say he was the Son of God and they were angry that so many people followed Jesus. They wanted to get rid of Jesus.

It was the time of year when Jewish people celebrate Passover. Passover is an important holiday when Jews remember the ways God has taken care of them and how Moses led them out of Egypt to the Promised Land. Since Jesus was Jewish, he needed a place where he and his friends could share a Passover meal. So Jesus sent Peter and John into the city and told them to watch for a man carrying water. He told them to follow the man home and they would find there an upstairs room that they could use for their Passover meal. Peter and John went to do as Jesus said and get everything ready.

When it was time, Jesus and his friends gathered in this "Upper Room". They told the story of the Passover and listened again to the story of Moses. But as they were eating, however, Jesus did something unusual. He held up the bread and said, "Take, eat: This is my body, which is given for you. Do this and remember me." Then he took a cup of wine, gave thanks, and shared it with his friends saying, "Drink this, all of you. This is my blood of the new covenant. Whenever you drink it, remember me."

After supper, Jesus washed the feet of his friends and then gave them a new commandment. He told them, "Love one another as I have loved you." Then they all stood up, sang a hymn together and left the room.

Every Sunday when we gather together in church, we remember the Last Supper that Jesus shared with his friends. We remind ourselves of the words Jesus said about the bread and the wine. We remember how Jesus died on the cross and then rose from the dead three days later. We remember that before Jesus left the earth, he promised us that he would not leave us alone. When we gather together for communion and retell the story of Jesus' life, he is right there with us, in our midst and in our hearts.

Story re-told by Tracey Herzer
(Matthew 26:17-30; Mark 14:12-26; Luke 22:7-39; John 13:1-30, I Corinthians 11:23-26)



© Copyright 2003, Tracey E. Herzer. Limited permission to reproduce only by and for an organization with a current LeaderResources license.

Activities Overview for This Cycle

WORKSHOP	SUMMARY OF PLANS	FOCUS
ART	Creating things needed for worship	What do we SEE at Eucharist?
COMPUTER <small>*also includes non-computer options</small>	Symbols used at Eucharist	What are the SYMBOLS of Eucharist?
DRAMA	Acting out The Last Supper and learning about disciples	Who gave us the TRADITION of Eucharist?
MOVIE	Life of Jesus – where did our Eucharist come from? What does it mean?	How do we PREPARE for Eucharist?
STORY	Last Supper “picnic”	What do we REMEMBER at Eucharist?
KITCHEN	Bread and Wine and Foot Washing	What do we TASTE at Eucharist?
MUSIC	Communion songs and the structure of a Eucharist service	What do we HEAR at Eucharist?



This is My Body: Drama Workshop

Summary of Class Plans:

Students will talk about the Last Supper, examine artworks about this meal, and explore the dramatic movements and symbols that are present in Eucharist each week.

Materials Needed:

- A color copy of Leonardo da Vinci's famous "Last Supper" painting – see "BEFORE CLASS" instructions below
- Bibles
- Books about the 12 Disciples or info printed out from the Internet. Here is a site that offers some basic info: <http://ibsresources.org/courses/jesus/jesus5.shtml> Here is another one: <http://www.bible.net/library/study/12disciples.html>
- Paper for notes
- Pens or pencils
- Polaroid (and film) or Digital camera (and disks)
- Costume box – can be sheets or large fabric scraps, you don't need sewn costumes
- Long folding table (with tablecloth if possible) and chairs
- Art materials (for filler activity if wanted)
- Soundtrack from *Jesus Christ, Superstar* & CD player (for filler activity if wanted)

Workshop Lesson Plans:

- **BEFORE CLASS** – Find a color copy of Leonardo da Vinci's famous "Last Supper" painting and do some research about it, so you can tell some of its history to your students. The painting is included in many books, but is also on many websites such as <http://www.artchive.com/artchive/L/leonardo/lastsupp.jpg.html>, which is a site that also offers posters of the painting. For quick (and kid-friendly) info about da Vinci's painting, try: http://arthistory.about.com/cs/leonardo/a/last_supper.htm
- Another website that offers many pictures of the Last Supper, including da Vinci's: http://arthistory.about.com/gi/dynamic/offsite.htm?site=http%3A%2F%2Fwww.eat-online.net%2Fart%2Fenglish%2Ffigurative%2Flast_soup.htm
- You can refer to "A General Schedule for Class Structure" (included in the Introductory Materials) for ideas on how to introduce yourself and the story, as well as how to plan your class time appropriately.
- After reading the story, talk about what the Last Supper might have been like. What is it like when you get together with your closest friends? Are you silly? Are you quiet? What do you like to talk about? What if you knew one of your friends was in danger and this might be the last time you saw them? How would that change the tone of your togetherness?



- Show students da Vinci's painting and ask them about the different characters they see there? Who can they pick out? What do they think is happening? Can you tell what someone is thinking by looking at their face? Tell students they are going to re-enact the Last Supper as seen in Leonardo da Vinci's famous picture.
- Hand out the Disciples Worksheet (on next page) and give the students time to do some research on the disciples and see what they can find out about each one. Depending on the time and the number of students in your class, you may have each student research just one disciple, whom they will then portray in the picture.
- If possible, have each person choose a disciple in the painting. They will find out what they can about that disciple and then assume the same position their character has in the painting. For larger groups, or shyer students, have children work in groups with one person doing the Bible research, one designing a "costume" and one who will play the role.
- A teacher or volunteer will take the picture and either distribute one to each child to take home or email digital photos to student's homes. Even better (if possible), have the photographer leave the classroom and go print copies for students to take home with them. Don't forget to submit those pics to your church secretary for inclusion in a bulletin or on your website!
- After the picture is taken, have each disciple introduce themselves and say something about who they are and what role they played. After everyone has introduced themselves, have students try to "read" more into the photo. Who do you think shared close friendships? Who didn't get along very well? Who was feeling sad or scared?
- Have students put away their costumes and clean up the room. Then give students the remaining time to look at their pictures, write in their journals or talk about what they have learned today. Talk about what the Last Supper and Communion would have in common and what parts would be different

Filler Activities:

- Last Supper Paint by Number – No, I'm not kidding. You can order a paint-by-number kit for \$21.95 of this famous drawing at <http://www.spilsbury.com> Just do a search for "last supper". Okay, it's a little bit silly and probably more than a little bit tacky – but a great way to help kids learn more about the painting! ☺
- For older students (and if you are feeling brave) you may wish to play "The Last Supper" from the Broadway musical, Jesus Christ, Superstar. (Lyrics available at <http://www.stlyrics.com/lyrics/jesuschristsuperstar/thelastsupper.htm>) This song is filled with emotions – anger, fear, despair, betrayal – and can generate a lot of discussion about some of the emotional undercurrents during this meal.



DISCIPLES WORKSHEET

The gospels give us three lists of the disciples: Matthew 10:2-4, Mark 3:16-19, Luke 6:14-16. Some of the disciples are listed differently, and there were many other men and women who followed Jesus, but here is the generally accepted list:

Simon (Peter)	Philip	James (the younger, or son of Alphaeus)
Andrew	Bartholomew	Judas (son of James; also listed as Thaddeus)
James (son of Zebedee)	Thomas	Simon the Zealot (or the Cananean)
John (son of Zebedee)	Matthew	Judas Iscariot

1. Which disciple did Jesus call the “rock”? (Matthew 16:13-18)
2. Which disciple was a tax collector? (Matthew 9:9-13)
3. What pair of brothers did Jesus call “The Sons of Thunder”? (Mark 3:17)
4. Who was Peter’s brother? (Luke 6:14)
5. Who betrayed Jesus for 30 pieces of silver? (Mathew 26:14-16)
6. Who was the disciple’s treasurer? (John 13:29)
7. Which four of the disciples were fisherman? (Matthew 4:18-22)
8. Which disciple wanted Jesus to show them God? (John 14:8-10)
9. Which disciple did not believe that Jesus rose from the dead? (John 20:24-25)
10. Which four disciples are left that we don’t have much information about?



© Copyright 2003, Tracey E. Herzer. Limited permission to reproduce only by and for an organization with a current LeaderResources license.



About **LeaderResources**

We Connect Church Leaders with the Resources they need

Evolutionary Resources™

The goal of LeaderResources is to foster learning communities. To this end, the resources we create are constantly changing, because they are continuously being improved by the people who use them. Our “evolutionary resources”™ invite users into the development process, along with the original program developer. This discourages the tendency to see the author as the “expert” and encourages those who use the programs to become active participants in the learning process.

Resource Materials

LeaderResources produces practical training manuals, “how-to” leader’s guides and educational materials that are easy to use and can be modified to fit your situation. Step-by-step guides assist experienced and new leaders alike. We develop and produce resources in the areas of Christian Formation (children, youth and adult education), Lay Ministry, Leadership Development and more! Contact us for our most recent catalog or visit our online store for FREE samples of all programs.

Adaptable Resources

Many resources are available on computer disk or you can download them directly from our online store (www.LeaderResources.org) and then make your own adaptations. Most of our materials are distributed with a license to duplicate. The license also gives you permission to adapt or change the material (except quotations) to fit the needs of your congregation. You may not remove the copyright notice; it also applies to any adaptations you may make. Nor may you remove the acknowledgment of the authors or any mention of LeaderResources.

Resource People

We have a team of skilled professionals ready to present training programs, serve as keynote speakers or provide other consulting services. We can help develop and lead training seminars or educational programs. We can provide technical assistance, resource materials and coaching while the local team develops, writes and presents the program, which is then made available to others. The coaching process builds your leadership skills and enables you to continue this program and develop others. Our Associates have a broad range of experience in many aspects of education and leadership development. For more info, contact our Director of Consultant Services.

LeaderResources

4300 Montgomery Avenue, Suite 104
Bethesda, MD 20814

Toll free: 1-800-941-2218

Local: 240-482-8682

FAX: 301-652-3335

E-mail: Staff@LeaderResources.org

Website: <http://www.LeaderResources.org>

What you should know about your limited-use license

General Terms:

- “WorkshopCycles materials” or “material” refer to all programs or images found on WorkshopCycles disks or downloaded from the members-only section of the LeaderResources website.
- A membership will only be licensed to a church or other organization, never to an individual
- Your membership begins on the day we process your payment and is good for one year
- In order to continue using the material, you will need to pay an annual renewal fee. If your membership expires and you choose not to renew for another year of membership, you are obligated to destroy all materials and refrain from using any portion of the WorkshopCycles materials.

What you CAN do:

- Make as many copies of the material as needed for use in your congregation ONLY for as long as your membership is in effect
- Make as many copies of the material (in part or in whole) as needed to implement and promote the program in your congregation or organization
- Burn additional CDs or save the material on disk to distribute to teachers or other members of your congregation (for use as part of the WorkshopCycles program ONLY)
- Use WorkshopCycles images or graphics in posters, church bulletins, newsletters or other documents used for the program

What you can NOT do:

- Distribute material to anyone who is not a member of your organization for any reason
- Use any part of these materials outside your organization
- Use any part of these materials after the expiration of your membership term
- Sell copies of these materials in any form (including images on t-shirts, mugs, etc.) for any reason without permission from LeaderResources
- Use WorkshopCycles images or graphics to create or have a third party create stained glass windows, wall murals, statues or other permanent artwork installed in a building without permission from us.
- Use WorkshopCycles images or graphics on a website without permission from LeaderResources

Please don't violate these rules. First of all, it's illegal: violating a copyright can result in substantial fines, a criminal record and embarrassment. Secondly, our program developers, artists and staff are paid from the revenues generated by your membership fees. If you use the resources without paying, they don't get paid. We trust you to observe the conditions of your license and invite you to help educate others about the importance of respecting copyrights in a day when photocopying and computerizing data make the theft of intellectual property easy.

If you have questions or need additional verification of copyright permissions, please contact:

LeaderResources

4300 Montgomery Avenue, Suite 104
Bethesda, MD 20814

Toll free: 1-800-941-2218

Local: 240-482-8682

FAX: 301-652-3335

Website: <http://www.LeaderResources.org>