

# Reisterstown UMC Sunday School

## September & October 2021



We're back inside after a long hiatus, with a new setup. Children, K-5th grade attend worship with their families starting at 10 am, stay through the Message for Young Disciples, then go to class in Room 8 until 11:15.

We are still working on reopening our cribbery which will be available for younger children, babies through preschoolers. We know having the cribbery closed is a barrier to some of you attending worship; we are working on it and will update you as soon as we have more news.

Through the next several weeks, we will be learning about Samuel, Saul, David and Jonathan. We will be sending home a one page summary each week so that you can engage with your child about our lesson that week.



We have decided to focus on **supporting Board of Childcare**, a nonprofit organization with close ties to the United Methodist Church. They provide a wide array of services, including residential services for children and youth in the Baltimore area going through difficult and traumatic times in their lives. For the next few weeks, we will be collecting supplies and funds for Welcome Bags, a simple bag that each child receives upon

their arrival at Board of Child Care. You can participate by bringing any of the following items: full size bar of soap, shampoo (12-15 oz), combs, washcloths, hand lotion (2 oz.), toothbrush (individually packaged), toothpaste (5-6 oz.), deodorant (stick style), chapstick, packet of tissues, small journal/notebook, or pens.

Offering that is collected on the 1st or 3rd Sunday of each month will go to purchase supplies for the Welcome Bags. Offering collected the other Sundays, will be given to RUMC to support our programming.

Learn more about Board of Childcare here: <https://www.boardofchildcare.org/>

**Breath prayer.** The simple act of breathing in and out deeply can become a prayer. Combined with simple phrases, a breath prayer can be instrumental in calming anxiety, in reminding us who we are, or in voicing our trust in God. Here are some simple ideas for breath prayer to get you started:

You are (inhale)....my peace (exhale).

or

In you, oh God (inhale)....I put my trust (exhale).



From: <https://www.thefoundrycommunity.com/5-prayer-practices-for-kids-and-the-grown-ups-around-them/>