



# Always Changing Always the Same

## A Complete Retreat for Any Season

**For Lutheran Women in Mission  
2001**





# Always Changing Always the Same

By Corrine Opel

A One-Day (Six-Hour) Retreat for 36 to 100 people  
If an overnight retreat is desired, perhaps the second day could include a speaker.

## Components in Retreat Kit:

1. Planning Guide
2. Retreat Agenda
3. Publicity Poster
4. Registration Form
5. Bible Study – Session 1
6. Bible Study – Session 2
7. Bible Study Leaders Notes
8. Cheer Competition
9. In Celebration of the Changing Seasons Devotion
10. The Colors of Worship Devotion
11. Craft Instructions
12. Evaluation

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LWML #59127



## Planning:

### At least six months before event:

*(In some cases you may need to begin arrangements a year in advance; if so, adjust these directives accordingly.)*

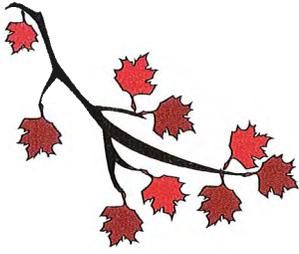
1. **Make arrangements with retreat facility.** Arrange for food, coffee breaks, housing, seating in conference area, craft area, and parking. Ask even the obvious questions so there are no questions about arrangements.
2. **Ask for a good map** to send with registration forms.
3. **Publicize the event**, as is the custom in your area, by church bulletins, posters, LWML meetings, rallies, newspaper, etc. (Sample poster included in kit.)
4. **Send out registration forms.** (Sample in kit.) **Hint:** Determine cost to each attendee by figuring your retreat costs (speaker, paper, printing, favors, craft supplies, etc.) plus food and housing. Be careful so you don't lose money, one or two dollars more per attendee adds up in the long run. Include a registration deadline, a map to retreat facility, return address and to whom the check should be made payable. Will you charge a late registration fee?
5. **Ask for the month of their birth** somewhere on the registration form. This is needed for some activities which are organized according to months or seasons.

### At least two - four months before event...

1. **Devise a system to divide attendees into 12 groups** - one for each month of the year. (If group is very small, it may be divided into 4 groups...one for each season of the year.) You can make name tags and divide into groups as soon as you begin to receive registrations.  
Use **one** of these methods to divide attendees into groups:
  - By birthday month of each person. Note: groups will be uneven and that's usually OK.
  - By using coding stickers on name tags or folders. Purchase seasonal stickers for name tag identification such as snowflake for January, heart for February, etc.
  - By color of name tag/folder. **Hint:** Folders in a variety of colors are available at "back-to-school" sales for a minimal cost. You could have (snow) white for January, (heart) red for February, etc.
2. **Line up your helpers**...Bible study leader, devotional leader, song leader and accompanist, craft leader, and lunch coordinator. You will need one leader for the opening devotion, and six leaders for the closing devotion. The craft leader will have a huge job, with many details needing attention. Perhaps you will need two craft leaders. As registrations come in, it might be a good idea to find a good leader in each month to help with the individual crafts.
3. **Purchase craft materials.** Let your craft leader do this. She may want to give the projects a "test run" to make sure they work for her.
4. **Plan to decorate** each lunch table with a seasonal theme. This is the job of the lunch coordinator. Attendees may be seated at the table of their favorite season, or at the season of their birth or with friends.
5. **Purchase candles.** Buy blue, white, purple, black, red and green candles and candleholders for closing devotion. **Hint:** Sometimes black is hard to find. Let your devotional leader do this.
6. **Will you have a bookstore display?** If so, make arrangement for space and display tables. Assign a display coordinator to handle the contact with the local bookstore owner and any other coordination necessary.

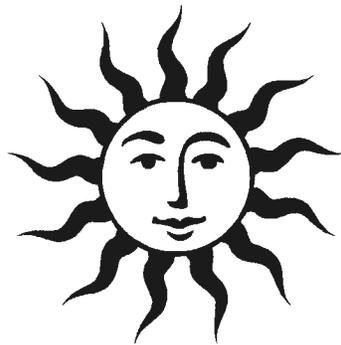
### At least two - four weeks before event...

1. **Print agenda.** Include it in conference folder along with Bible studies. Make song sheets, or secure enough songbooks for everyone. Obtain copyright permission where applicable.
2. **Handle incoming registration.**
3. **Confirm all arrangements with retreat facility.**
4. **Encourage all leaders to complete their assignments.**



## Retreat Agenda

9:00-9:30	AM	<b>Registration.</b> Attendees pick up folders and find seats. For now they should sit according to their birthdays Winter: December, January, February; Spring: March, April, May; Summer: June, July, August; or Fall: September, October, November.
9:30-9:45		<b>Welcome, introductions, announcements</b> by retreat chairman
9:45-10:00		<b>Opening Hymn:</b> <i>Great Is Thy Faithfulness</i> or another favorite
		<b>Opening Devotion:</b> <i>The Changing Seasons</i> (included in kit)
10:00-10:45		<b>Bible Study</b> <i>Always Changing, Always the Same</i> , Session 1 (included in kit)
10:45-11:00		<b>Break.</b>
11:00-11:45		<b>Craft Time</b> (craft suggestions included in kit) Divide into 12 groups by month of year as indicated on nametag or folder. Each group has their own craft.
11:45-1:00	PM	<b>Lunch</b> , Bookstore display
1:00-1:05		<b>Return</b> to 12-group seating with singing.
1:05-1:30		<b>Cheer Competition:</b> Use craft items to punctuate cheers. (included in kit)
1:30-2:15		<b>Bible Study</b> <i>Always Changing, Always the Same</i> , Session 2 (included in kit)
2:15-2:30		<b>Break</b>
2:30-2:45		<b>Singing</b>
3:00	PM	<b>Closing devotion:</b> <i>The Colors of Worship</i> (included in kit) <b>Homeward Bound</b>





**Got the Winter Blues? Follow the crowd to...**

**Always Changing  
Always the Same**

**Midland Conference Center  
2300 Bay Road  
Midland, Michigan**

*Enjoy inspiration, Bible study, fellowship, food, singing, and celebrating the seasons with friends.*

**Saturday, February 19, 2001**

**9 AM to 3 PM**

**\$20 per person**

**Includes lunch**

**Registration Forms Available From: Jane Doe  
517-555-0000**

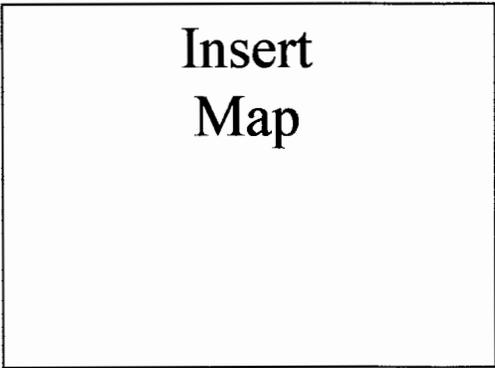




**REGISTRATION FORM**  
**Always Changing**  
**Always the Same**

*Enjoy inspiration, Bible study, fellowship, food, singing,  
and celebrating the seasons with friends.  
Be sure to dress casually and bring your Bible.*

**Midland Conference Center**  
**2300 Bay Road**  
**Midland, Michigan**  
**517-555-0000**



**Saturday, February 19, 2001**  
**9 AM to 3 PM**  
**Registration Deadline: February 4, 2001**  
**\$20 per person (includes lunch)**

Sponsored by  
St. John Lutheran Women's Guild  
Auburn, Michigan  
Questions: Call Jane Doe 517-555-0000

**Deadline: Sunday, February 4, 2001**

✂ -----Cut along this line and retain top portion----- ✂

**Please register me for the retreat.**

**Name** \_\_\_\_\_ **Telephone** \_\_\_\_\_

**Address** \_\_\_\_\_ **Church Home** \_\_\_\_\_

**My birthday is in the month of:** JAN FEB MAR APR MAY JUN  
(Circle one)

JUL AUG SEP OCT NOV DEC

I have enclosed my check (\$20.00) payable to "St. John Lutheran Women's Guild." I understand there are no refunds after February 10, 2001.

I have special needs. (Please specify.)

**Dietary** \_\_\_\_\_

**Mobility** \_\_\_\_\_

## Always Changing – Always the Same Bible Study Session 1

**Introduction:** Someone once said, *My birthdays are coming so fast I feel like standing back so I don't get run over by the calendar.* Do you feel threatened each year as your birthday rolls around? Some people try to ignore birthdays, fearing the aging process makes them less attractive and desirable. A wise old woman chided someone for bemoaning her first gray hairs. *Honey, she said, don't complain about gray hairs. Turning gray is the only part of aging that doesn't hurt!* Underneath it all, perhaps we are afraid of growing old, facing physical changes and dying.

There is a fundamental, universal truth: **NOTHING STAYS THE SAME.** Everything changes. Everyone changes. Life changes. We live in a world where the only thing that is permanent is change. We welcome some changes -- the changes of the seasons, variety in foods, change of scenery in our travels, new job opportunities, the growth and development of our children and grandchildren. Some people are energized by change, but many of us resist it. Yet it's the only thing that brings progress. We find that change can *threaten us* or *provide opportunities.*

### Part A. Changing Times for Adam and Eve

Our first parents, Adam and Eve, once lived completely holy and happy lives in the Garden of Eden. Then things changed. Read **Genesis 3:1-24** to review how the change came about.

What change did Adam and Eve experience? \_\_\_\_\_

How did this change affect their lives? \_\_\_\_\_

How has this change affected our lives? \_\_\_\_\_

### Changes in My Life

*Have you, yourself, experienced any of these changes in the past five years? Circle those that apply to you. When you initially anticipated or experienced each of the changes, was it a threat or an opportunity? Is it possible that the change turned out to be "good"?*

Death of loved one	Moving or relocating	Serious illness
Loss of job	Divorce	Forced retirement
Broken relationship	Wayward child	Dependent parent
Business failure	Changes at church	Changes at work
Empty nest	Financial problems	Loss of independence

Changes in life always invoke feelings in us. Some of the feelings are very negative. What are some negative feelings these changes have produced in your life?

<input type="checkbox"/> Denial	<input type="checkbox"/> Depression	<input type="checkbox"/> Jealousy	<input type="checkbox"/> Fear	<input type="checkbox"/> Isolation
<input type="checkbox"/> Heartbreak	<input type="checkbox"/> Anger	<input type="checkbox"/> Sadness	<input type="checkbox"/> Loneliness	<input type="checkbox"/> Grief
<input type="checkbox"/> Hopelessness	<input type="checkbox"/> Disconnected	<input type="checkbox"/> Uncertainty	<input type="checkbox"/> Faithlessness	<input type="checkbox"/> Cynicism
<input type="checkbox"/> Lack of trust	<input type="checkbox"/> Lack of control	<input type="checkbox"/> Helplessness	<input type="checkbox"/> Guilt	<input type="checkbox"/> Worthlessness

We trust our Lord for the most important things in our lives - the forgiveness of sins through Jesus Who died and rose again to make payment for the debt we could not pay. But sometimes our faith can seem to fall apart when we face difficulties in the here and now. What happens when:

- we miss our flight at the airport?
- the kids have trouble at school?
- we lose our jobs?
- we get bad news from our doctor?

In what area of life do you find it hardest to trust God? What assurance does **Romans 8:31-32** give you? Consider Paul's words in **Philippians 4:12-13**. What do these words have to do with adjusting to change in our personal lives?

### Part B. Wait a Minute!...Change Can Be Exciting!

Earlier we looked at a list of life events that could cause negative change in our lives. But change can be exciting, if the change is a desirable, positive event. Look at this list of life events and reflect on what emotions and feelings might accompany them.

#### Positive Changes in My Life

*Have you experienced any of these positive changes in the past five years? Circle those that apply to you.*

Birth of child/grandchild	Renewed faith	Moving or relocating	Retirement
New job/promotion	Marriage	New church	New home
New friend	New schedule	Restored relationship	A new look
Going back to school	Changes at church	Changes at work	New interest

*What are some feelings these changes might produce in your life? Check those that apply to you.*

<input type="checkbox"/> Joy	<input type="checkbox"/> Excitement	<input type="checkbox"/> Pride	<input type="checkbox"/> Self-esteem	<input type="checkbox"/> Enthusiasm
<input type="checkbox"/> Peace	<input type="checkbox"/> Strength	<input type="checkbox"/> Confidence	<input type="checkbox"/> Faith	<input type="checkbox"/> Connectedness
<input type="checkbox"/> Relief	<input type="checkbox"/> Loved	<input type="checkbox"/> Blessed	<input type="checkbox"/> Appreciated	<input type="checkbox"/> Needed
<input type="checkbox"/> Thankful	<input type="checkbox"/> Secure	<input type="checkbox"/> Younger	<input type="checkbox"/> Inspired	

Check the positive emotions felt in **Psalm 118:24; Philippians 4:4-8; Psalm 16:11; Isaiah 40:29-31; 1 Thessalonians 5:16-18; 2 Corinthians 5:17**.

## Always Changing – Always the Same Bible Study Session 2

### Part A. When Change Comes Along, We Care About Others

Each day we touch the lives of many people. We are more able to care for others who find themselves in the midst of change since we have experienced changes ourselves. We have family members who are going through changes in their lives...some good times...some difficult times. How can we help them? We see our neighbors, co-workers, and friends at church or in our community in pain as they go through various changes in their lives. We see them suffering without the assurance Jesus Christ can give. How do we care for one another?

1. How can we demonstrate more compassion to those going through changes in their lives? See how these passages could help.
  - The newly divorced? See **Isaiah 41:10; Matthew 28:20b.**
  - The recently unemployed? See **Matthew 6:25-34; Matthew 7:7; Luke 18:27.**
  - The newly widowed/widower? See **John 11:25-26; John 14:1-3; Revelation 21:4.**
  - The newly relocated family in town? See God's beautiful promises in **Jeremiah 29:11 and Isaiah 43:18-19.**
  
2. How can we show our love and support?
  - To the family on welfare? See **Luke 12: 22-31; Galatians 6:10; 1 Peter 5:7.**
  - To the mother whose child has AIDS? See **Romans 8:38-39; Hebrews 13:5b-6.**
  - To the aging? See **Psalms 121; Psalm 37:25.**
  - To the person who has just been diagnosed with terminal cancer? See **Isaiah 43:1b-2; 2 Corinthians 4:16 - 5:7.**
  
3. How is being accepted into a Christian community, the Church, beneficial to adapting to change in one's life? How does a congregation show acceptance?

A healthy attitude about change requires that we know and respect our identity as God's children for whom God cares immensely. That identity gives us confidence that we are secure regardless of the changes which come into our lives or the lives of our family members. WHEN by God's grace I find my self-worth and my meaning of life at the cross; THEN by God's grace, I can cope with change and with the circumstances of life which it brings. I can cope because my Savior has promised His presence and peace now and forever.

We have an unchanging God. Our God is so amazing. He is the great "I Am." With Him there is no beginning, no end. He is, He was and He always will be! He is eternal. He never changes. Though we change, God does not change.

For assurance of this, look up **Hebrews 13:8; James 1:17; Malachi 3:6.**

## **Part B. How Can We Show We Care?**

### **When there is a death...**

1. Be in contact as soon as you hear the news. Don't think of excuses to put it off and don't be afraid to talk about the person who died. Your presence is all-important even if you don't know what to say.
2. Allow the bereaved person to talk.
3. Expect an emotional response.
4. Follow through with your care in the weeks and months which follow.

### **For those who are terminally ill...**

1. Commit yourself to regular contact to the end.
2. Give hugs; touching is important.
3. Be a good listener.
4. Remember the family of the ill. They are suffering, too.

### **For the hospital patient...**

1. Time your visits.
2. Bring a card or small gift.
3. Keep the visit brief unless the person indicates otherwise.
4. Avoid discussing your personal medical history.

### **For the aging...**

1. Be sensitive to the trauma of losing control over personal care and changing living arrangements.
2. Visit as often as possible. The greatest gift you can give a lonely person is your presence.
3. Listen the best you can, even when they tell the same story over and over.
4. Respect and give them honor to enable them to keep their dignity.

### **About the unemployed...**

1. Keep regular contact.
2. Be alert to opportunities and resources.
3. Refer to professional help when appropriate.

### **When there is a broken relationship...**

1. Expect emotional responses.
2. Be a good listener.
3. Be supportive. Be there and say "I care and I hear you."
4. Attempt to maintain friendship with each person in the conflict. Avoid taking sides.
5. Direct estranged friends to appropriate help.

For assurance, look up **Hebrews 13:8; James 1:17; Malachi 3:6.**

## Part C. God's Word in the Midst of Change

As a child did you memorize Bible verses that stick with you to this day? God wants His Word, which is constant and never changing, to become a part of our changing lives. Few spiritual disciplines give us more potential blessing. Memorized passages from the Bible can afford us great comfort as we work through changes which happen to us and those around us who need our help. Once we have memorized a significant verse from God's Word and regularly use it in our lives, it becomes a part of us.

**Plan A:** Spend a private time alone, or with a friend, working through the following activity. Take a few minutes right now to try to memorize at least four of these verses below. Try repeating them until they become so familiar you can say them without looking. Give yourself an extra challenge by memorizing where they are found in the Bible.

*Or Use This Alternate Activity*

**Plan B:** This is your homework assignment. Since there are 31 verses given, there are just enough for a full month. Each day of a new month, commit one verse to memory. What a treasure store of Scripture gems you will have at the end of the month!

1. *If God is for us, who can be against us?* (Romans 8:31)
2. *Is anything too hard for the Lord?* (Genesis 18:14)
3. *For I have learned to be content whatever the circumstances.* (Philippians 4:11)
4. *And my God will meet all your needs according to his glorious riches in Christ Jesus.* (Philippians 4:19)
5. *For I know the plans I have for you, ...plans to prosper you and not to harm you, plans to give you hope and a future.* (Jeremiah 29:11)
6. *This is the day the Lord has made; let us rejoice and be glad in it.* (Psalm 118:24)
7. *Do not fear, for I am with you; do not be dismayed, for I am your God.* (Isaiah 41:10)
8. *And surely I am with you always, to the very end of the age.* (Matthew 28:20)
9. *For nothing is impossible with God.* (Luke 1:37)
10. *Call to me and I will answer you.* (Jeremiah 33:3)
11. *In all these things we are more than conquerors through him who loved us.* (Romans 8:37)
12. *The Lord is my Shepherd, I shall not be in want.* (Psalm 23:1)
13. *Everything is possible for him who believes.* (Mark 9: 23)
14. *Our present sufferings are not worth comparing with the glory that will be revealed in us.* (Romans 8:18)
15. *My help comes from the Lord, the Maker of heaven and earth.* (Psalm 121:2)
16. *God is our refuge and strength, an ever-present help in trouble.* (Psalm 46:1)
17. *Cast all your anxiety on him because he cares for you.* (1 Peter 5:7)
18. *We know that in all things God works for the good of those who love him.* (Romans 8:28)
19. *If you believe, you will receive whatever you ask for in prayer.* (Matthew 21:22)
20. *I can do everything through him who gives me strength.* (Philippians 4:13)
21. *Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.* (Matthew 6:34)
22. *Ask, and it will be given to you; seek, and you will find; knock and the door will be opened to you.* (Matthew 7:7)

23. *What is impossible with men is possible with God.* (Luke 18:27)
24. *Seek first his kingdom and his righteousness, and all these things will be given to you as well.* (Matthew 6:33)
25. *The Lord is my light and my salvation - whom shall I fear?* (Psalm 27:1)
26. *Peace I leave with you; My peace I give you. Do not let your hearts be troubled and do not be afraid.* (John 14:27)
27. *For the joy of the Lord is your strength.* (Nehemiah 8:10)
28. *Fear not, for I have redeemed you; I have summoned you by name; you are mine.* (Isaiah 43:1)
29. *For the Lord God, my God, is with you. He will not fail you.* (1 Chronicles 28:20)
30. *But thanks be to God! He gives us the victory through our Lord Jesus Christ.* (1 Corinthians 15:57)
31. *How great is the love the Father has lavished on us, that we should be called children of God!* (1 John 3:1)

***Something to remember:***

**God's love for you in Jesus never changes. Year in and year out,  
As birthdays come and birthdays go,  
As life changes and the world changes,  
Be assured that Jesus loved you yesterday;  
He loves you today, and He will love you tomorrow.**

*For a longer retreat or further study at home:*

Look into the lives of people in the Bible who experienced change and how they handled it.

- A. **Sarah** - Genesis 11:29-30; Genesis 12:10-20; Genesis 13:1-2; Genesis 13:11-18; Genesis 20:1-3; Genesis 20: 13; Genesis 16:1-4; Genesis 21:1-2.
- B. **Mary** - Matthew 1:18-21; Matthew 2:9-11; Luke 1:34-35; Luke 2:4-7; John 19:25-27; Luke 24:6; Luke 24:51-52.
- C. **Paul** - 2 Corinthians 11:23-30; 12:9-10.

(Some material taken from *Ready, Set, Change* by Rev. Darold Reiner, LWML #2028)

## Leader Helps

### Change - Session 1, Part A

#### What change did Adam and Eve experience?

They were now aware of their disobedience and sinfulness before God. They were ashamed to be naked in His presence. They knew the devil had influence over them. The devil had put doubt in their minds of God's Word. They knew they were helpless to save themselves and needed a Savior.

#### How did this change affect their lives?

According to Genesis 3:8-24, life would be different now for Adam and Eve. Their harmonious relationship with God had been shattered. Since they had disobeyed Him, there would be consequences for their sin. Now woman would experience pain in childbirth. For man who worked the ground, his toil would be painful, also. There would be thorns and thistles with which to contend. The word "work" took on new meaning with sweat involved. Sinful man would some day return to dust. (Before this had Adam and Eve believed they might live on earth forever?)

#### How has this change affected our lives?

Being descendants of Adam and Eve, we have inherited their sinful nature. Manual labor and child bearing are painful for us, too. We have thorns and thistles in our lives also – not only in the farm fields but also in our relationships with others. Our sinfulness shatters our perfect relationship with God. We are ashamed to stand before Him in our filthy rags. Adam and Eve made some bad choices, and so do we. But God provides an "out" for us. His clean-up plan for us gives us grace, redemption and salvation. He changes us into what He intended us to be. (See Ephesians 1:4-9.)

#### What assurance does Romans 8:31-32 give you?

What a good feeling these words give if we really take them to heart. Nothing can hurt us if God is on our team. The enemy does not have a chance. If God was willing to give up His only Son to save somebody as worthless as we feel we are at times, how can we doubt there is much more He can give us?

**Consider Paul's words in Philippians 4:12-13.** If we can learn to totally rely on God for everything with all our strength, there is nothing else we need. It doesn't matter if we lose our job, or our friends, or if every day seems to be a bad day. Paul says the secret is to be content in any and every situation because he knows God will give him the strength.

### Session 1, Part B

#### Check the positive emotions felt in

Psalm 118:24	Rejoicing, gladness
Philippians 4:4-8	Rejoicing, gentleness, thanksgiving, think good thoughts like things that are true, noble, right, pure, lovely and admirable
Psalm 16:11	Filled with joy
Isaiah 40:29-31	Strength to the weary, power to the weak, renewed strength, soar like eagles, walk, run and not faint
1 Thessalonians 5:16-18	Always joyful, always in prayer, always give thanks
2 Corinthians 5:17	A new 'you'! The old you is gone!

## Session 2, Part A

**How can we demonstrate more compassion to those going through changes in their lives? How can these passages help?**

**Newly divorced** **Isaiah 41:10** Suddenly alone, God says **I** am with you. He will hold you up. Don't be dismayed or afraid, He will help, strengthen.

**Matthew 28:20b** Not only is He with you, but with you **always to the very end**. He is with you even when you face your old friends, go to court, or make hard decisions on your own.

**Recently unemployed**

**Matthew 6:25-34** God says don't worry about what to eat or wear or about your body. Concentrate on the important things in life. The lessons of the birds and the lilies of the field are important ones. And how can your many worries help you to live any longer? Your Father in heaven knows what you need. Live one day at a time.

**Matthew 7:7** Often we worry and worry, and prayer is our last resort!

**Luke 18:27** We can never fully understand God and how well He does everything.

**New widow**

**John 11:25-26** Even though the earthly body ceases to function, Jesus promises to believers that we will live again. We believe it because He says it is so. He has promised. We can only handle such grief, such separation, when we have faith in the resurrection.

**John 14:1-3** Here we find interesting picture language - A Father's house with many rooms. Sometimes they are described as mansions, prepared just for our loved one. They are happy there. We trust Him to make it so. He will come back and take us there, too!

**Revelation 21:4** A glimpse into heaven! No more tears, death, mourning or crying. We can hardly wait!

**Newly re-located**

**Jeremiah 29:11** Maybe we don't know what is ahead, but God says, He promises, He has a plan. And these plans will be good for us! He gives us hope and a future.

**Isaiah 43:18-19** Dwelling on what was and what might have been does us no good. We look ahead with God as our Guide for He says he is doing a new thing! A positive attitude is always an asset when we are disappointed by life.

**How can we show our love and support to:**

**Family on welfare** **Luke 12:22-31** Similar to **Matthew 6:25-34** God assures us that worrying is not the solution. This is not an easy concept, since we are all guilty of worrying instead of trusting in God. But He says we have little faith when we do that. He wants us to seek HIM first and see what happens!

**Galatians 6:10** It is our Christian duty to help those in need. We feel especially ready to help when it is a fellow Christian in need. But God says, "as we have opportunity, let us do good to ALL."

**1 Peter 5:7** We can tell Him anything. We can unload it all because He cares about us.

**Child with AIDS** **Romans 8:38-39** This is a hard one. What compassion the family of AIDS victims need! Some things are out of our hands and we just can't understand. We just don't have all the answers. We can only trust God because He says NOTHING, NOTHING, not death, not demons, nor any powers, not even AIDS, can separate us from the love of God.

**Hebrews 13:5b-6** NEVER, NEVER will He leave you or forsake you. It can't be clearer than that. If He never will leave us or forsake us, neither will He leave or forsake that child.

**Aging** **Psalm 121** The elderly need help and God promises to supply it...He who made everything, including that elderly person. How comforting to all of us to know God is watching over us while we sleep! He won't let us stumble, or be harmed. The elderly feel so helpless and need someone to help them walk. Now and forevermore we need His help - when we are babies, when we are teenagers, when we are old.

**Psalm 37:25** Now we are old, but we have never been disappointed by God and His care for us.

**Cancer** **Isaiah 43:1b-2** Isaiah 43 is a rich chapter. Here God promises we are not just a number in His book; He actually knows us all by name. That's because He made us and created us and redeemed us. He tells us we are sure to pass through some dangerous waters, but they will not drown us. We will pass through fire, but it will not burn us. Life will have its cancers, but nothing can take our faith away.

**2 Corinthians 4:16-5:7** It is horrible to think that cancer eats away at our flesh. But the cancer cannot reach our souls. God renews our souls day by day with His love and grace. He promises that what we have to go through now is nothing compared with how wonderful eternal glory will be. This is just temporary, but eternal life is forever. This is a hard lesson when the pain is unbearable and the outlook is hopeless. A strong faith in the Savior is our only hope.

**How can being accepted into a Christian community, the Church, be beneficial to adapting to change in one's life? How does a congregation show acceptance?**

Participants will have differing answers or comments. Maybe some have been on either end of being accepted or showing acceptance in the Christian church setting. If time allows, you may wish to work through the following additional section: Food for Thought.

## Food For Thought

- The newly divorced woman or the widow may feel like people at church exclude her from activities now that she is not “a couple.”
- The family on welfare or the person “in between jobs” wonders if the other members look down on them because they can’t carry their share of the financial load. Do they wonder if others question how they spend what little money they have?
- The family of a cancer or AIDS patient feels isolated because some people have the misguided notion that what they have is “catching.” Or they don't know what to say.
- Old people get lonely and the days are long. They miss the warmth they once experienced in the Christian family. They miss their independence.
- The “new kids on the block” find it difficult to break into a new community and church where everyone knows everyone else - where friendships are already long established.

The Hebrews 13:8, James 1:17, and Malachi 3:6 passages express the confidence that God never changes.

The “world” can be a tough, cold place when we are struggling with change. People just don’t have time to listen to our tale of woe. They have enough problems of their own. Christians tend to be kinder and gentler toward those who are having life changes and struggles. We truly care. The love of Jesus compels us to act out our faith. One on one, we can help those who are going through something we have experienced ourselves. A simple phone call can make you a friend for life. Small groups such as a Widows Club, Block Parties, Sunshine Club, and Single Again can have a very positive impact. As a congregation, we are ready to help when they pass the basket for a house-fire victim, the kidney transplant patient, or the neighbor who lost his job. We all join hands to put on benefit suppers. We all jump in to paint the home or spruce up the yard of our disabled member. True brotherly love blesses our congregations. Most people find the love of a Christian church very comforting - we rejoice together, we cry together, we pray for each other. Sometimes our “church family” is closer to us than our genetic family, physically and geographically. When changes affect our lives, our brothers and sisters in Christ are there with advice, with spiritual help, with a listening ear, with physical care and the reassurance of God’s steadfast love.

*This exercise is meant to be fun and give participants time to unwind and be creative as a team. Maybe some have actually been cheerleaders and can add their expertise. For each month, the leader speaks and the appropriate group of ladies respond. Use the craft items that were created in the 11:00-11:45 hour to punctuate your cheers.*

### **CHEER COMPETITION**

**Leader:**

January, January, stand up tall.  
Is your month the best of all?

February, February, hearts & lace,  
Does your month deserve first place?

March, March, month of green,  
Is your month the best we've seen?

April, April, girls of spring,  
Are you the best in everything?

May, May, show your power.  
The month when all things start to flower.

June, June, shout your cheer.  
Are you the best month in the year?

July, July, let's hear you pop!  
You say your month is at the top?

August, August, sun and shade,  
Are you the best in this parade

September, September, make it clear,  
Are you the best month in the year?

October, October, leaves start to fall,  
Do you know who's best of all?

November, November, a time of thanks,  
Are you the best month in these ranks?

December, December, you Christmas babies,  
Are you special gift-wrapped, ladies?

**Response:**

January, January, snow and ice.  
We think wintertime is nice.

February, February, God above,  
Sends His Valentine with love.

March, March, with windy weather,  
Flying kites is fun together.

April, April, no contest!  
The Easter season makes us best!

May, May, Spring is here.  
When pretty butterflies appear.

June, June, we honor Dads,  
As well as brides, and grooms and grads.

July, July, we celebrate,  
'Cause our month makes the U.S. great!

August, August, Summer days,  
Each birthday, we give thanks and praise.

September, September, back to school.  
September girls are sure to rule.

October, October, Reformation Day,  
See our faith in this display?

November, November, the harvest has come,  
Our month brings everyone back home.

December, December, best month all year,  
When Jesus fills our hearts with cheer.

## Responsive Reading In Celebration Of The Changing Seasons

*Leader:* As the months come and go, as each new birthday is celebrated, we are thankful to our God for granting us more time to spend on this earth which is full of His blessings and benefits. From the icy winter months, to the promise of spring; for the long, carefree days of summer to the brisk weather of the harvest season, we thank you, O Lord, for giving us the changing seasons.

**All:** *It was you who set all the boundaries of the earth; you made both summer and winter.* (Psalm 74:17)

*As long as the earth endures, seedtime and harvest, cold and heat, summer and winter, day and night will never cease.* (Genesis 8:22)

*Leader:* We thank you, O Lord, for winter; for the crackling of the fireplace, for long winter days filled with quilting, baking, and working on a favorite hobby, for ice-skating and rosy cheeks, for hot chocolate and skiing, for wool sweaters and warm boots, for card games and snowflakes. Highlighting our winter days, we thank you for Christmas, for sending the Babe of Bethlehem to be our Savior and Redeemer.

**THOSE WHO HAVE BIRTHDAYS IN DECEMBER, JANUARY OR FEBRUARY:** *Though your sins are like scarlet, they shall be as white as snow; though they are red as crimson, they shall be like wool.* (Isaiah 1:18)

*God's voice thunders in marvelous ways; he does great things beyond our understanding. He says to the snow, 'Fall on the earth' and to the rain shower, 'Be a mighty downpour'.* (Job 37:5-6)

*Leader:* We thank you, O Lord, for spring; for warm breezes and daffodils, for melting snow and greening grass, for fathers and sons flying kites and for baseball caps, for bike rides and rhubarb pie, for geraniums and lilac bushes. In the midst of our spring, we thank you for the Easter Resurrection Story when God showed Jesus' victory to the world.

**THOSE WHO HAVE BIRTHDAYS IN MARCH, APRIL OR MAY:** *As the rain and the snow come down from heaven, and do not return to it without watering the earth and making it bud and flourish, so that it yields seed for the sower and bread for the eater, so is my word that goes out from my mouth: it will not return to me empty, but will accomplish what I desire and achieve the purpose for which I sent it.* (Isaiah 55:10-11)

*See! the winter is past; the rains are over and gone; flowers appear on the earth; the season of singing has come, the cooing of doves is heard in our land. The fig tree forms its early fruit; the blossoming vines spread their fragrance.* (Song of Solomon 2:11-13)

*Leader:* We thank you, O Lord, for summer; for iced tea and watermelon, for sandals and sandcastles, for campfires and family reunions, for 4th of July and fireworks, for air-conditioning and newly-mown lawns, for corn on the cob and strawberry shortcake, for shade trees and rose gardens. With summer comes the Pentecost season, when we are reminded that the Holy Spirit helps us to believe in Jesus and controls our lives, and produces in us fruits of love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control.

**THOSE WHO HAVE BIRTHDAYS IN JUNE, JULY OR AUGUST:** *You care for the land and water it; you enrich it abundantly; the streams of God are filled with water to provide the people with grain, for so you have ordained it. You drench its furrows and level its ridges; you soften it with showers and bless its crops.* (Psalm 65:9-10).

*Do you know how God controls the clouds and makes his lightning flash? Do you know how the clouds hang poised, those wonders of him who is perfect in knowledge? You who swelter in your clothes when the land lies hushed under the south wind, can you join him in spreading out the skies?* (Job 37:15-18)

*Leader:* We thank you, O Lord, for autumn; for pumpkin faces and crunchy apples, for school days and new jeans, for blue October skies and hayrides, for cider donuts, autumn leaves and football games, for Pilgrims and Thanksgiving gatherings. We are grateful to you for our traditions and the foundations of our faith which we celebrate at Reformation time.

**THOSE WHO HAVE BIRTHDAYS IN SEPTEMBER, OCTOBER OR NOVEMBER:**

*You crown the year with your bounty, and your carts overflow with abundance. The grasslands of the desert overflow; the hills are clothed with gladness. The meadows are covered with flocks and the valleys are mantled with grain; they shout for joy and sing.* (Psalm 65:11-13)

*The land will yield its harvest, and God, our God, will bless us.* (Psalm 67:6)

*Leader:* Year upon year, you give us birthdays and the changing seasons to remind us of the passage of time. Grant us grace to grow in knowledge and truth as we experience the day to day, month to month, season to season changes, until we join You in eternity. Amen.

**All Sing:**      *This Is My Father's World*      (Lutheran Book of Worship #554)

This is my Father's world,  
And to my list'ning ears  
All nature sings, and round me rings  
The music of the spheres.  
This is my Father's world;  
I rest me in the thought  
Of rocks and trees,  
Of skies and seas  
His hand the wonders wrought.

This is my Father's world,  
The birds their carols raise;  
The morning light, the lily white  
Declare their maker's praise.  
This is my Father's world  
He shines in all that's fair  
In the rustling grass  
I hear Him pass,  
He speaks to me everywhere.

This is my Father's world  
Oh, let me ne'er forget  
That though the wrong seems oft so strong  
God is the Ruler yet.  
This is my Father's world  
Why should my heart be sad?  
The Lord is King,  
Let the heavens ring;  
God reigns, let the earth be glad!

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## The Colors of Worship

By Corrine Opel

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Materials needed: Six candleholders placed empty on the table. Six candles in the following colors will be lit at the appropriate time and placed in the holders: Blue, White, Purple, Black, Red, and Green. Hymnals or songsheets.

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**Introduction:** Blue, white, purple, black, red and green - these are the colors used in our church for the altar cloths and pastor's vestments. These particular colors are recognized as liturgical colors and mark the changing liturgical seasons of the church year. It is easiest to remember white is used for all festivals that celebrate an event in Jesus' life, like Christmas and Easter. Red is used for festivals which celebrate an event in the church's life, like Pentecost and Reformation, and a church's dedication or anniversary. Blue or purple are for Advent. Purple is also used for Lent with black used only for Good Friday. Green represents the Trinity Season.

**Blue** (Place the blue candle in the holder and light it.)

Blue is the newest color to be added to the spectrum of liturgical colors. It is the first addition to come along for centuries. It is used from the first Sunday in Advent until Christmas Eve and eventually will replace the violet or purple which was formerly used for this season. Some churches will continue to use their purple altar cloths during Advent, either due to preference or because they have not found it necessary or affordable to replace their present ones. The color blue is mentioned in Scripture only in references to garments made of blue. Never once are the blue sky or deep blue seas mentioned. The dictionary tells us blue is a royal color, and this is very fitting for we are His royal people, descendents of the King. Blue shows our loyalty to Christ. Blue stands for hope, the hope that He is coming again as He comes each Advent as our Savior. We invite Him to come in the hymn, *O Come, O Come, Emmanuel*.

All Sing: *O Come, O Come, Emmanuel* (TLH #62, LW #31)

**White** (Light the white candle from the blue one and place it in the holder.)

White, like freshly fallen snow, stands for the spotless, pure Lamb of God who takes away the sin of the world. When the Bible mentions "white," it is usually in reference to our sins which were scarlet, but Jesus has washed them "whiter than snow." When the altar cloths are white, you can be assured some very special day is being celebrated in the church year. Maybe it is Christmas, when we join our voices to announce the birth of a Savior in that little town of Bethlehem so long ago. We want to tell everyone, "Joy to the world, the Lord has come."

All Sing: *Joy to the World* (TLH #87, LW #53)

On the other hand, the white may mean the Epiphany or Ascension of our Lord. It could be the feast of the Resurrection of our Lord, Easter Sunday, when we join our hearts to praise God with our Alleluias. "Allelu, allelu, everybody sing allelu, for the Lord is risen it is true."

All Sing: *Allelu, Allelu, Everybody Sing Allelu* (Songs for Disciples #50) or *Jesus Christ is Risen Today* (TLH #199, LW #127)

**Purple** (Light the purple candle from the white one and place it in the holder.)

For as long as we can remember, the color purple has stood for “repentance” and is a very appropriate color to use during the solemn Lenten season. We feel the weight of our sins as we walk through the “valley of tears” with Jesus. The altar cloths remain purple from Ash Wednesday through vespers on Easter Eve (or Holy Saturday) except for that very special Friday, Good Friday. In the Scriptures we see Jesus mocked as the King of the Jews and robed in purple after His trial before Pilate. We know Lydia was a businesswoman who was a dealer in purple fabric. We hear about “the rich man who dressed in purple and fine linen and lived in luxury every day.” Purple usually has a regal, imperial meaning in the Bible. However, when it is placed on the altar at church, purple begs our hearts to repent as before Almighty God we come to His altar to receive His holy meal.

All Sing: *Let Us Break Bread Together (Songs for Disciples #33) or  
The Death of Jesus Christ, Our Lord (TLH #163, LW #107)*

**Black** (Light the black candle from the purple one and place it in the holder.)

The black altar cloths, often very beautiful and exquisite, are saved to be used only one day a year, on Good Friday, a day of humiliation. At one time they were used at all burial services anytime throughout the year, but now it is commonly felt that the proper liturgical color of the day has priority. Therefore, for example, at a funeral during Advent, the altar paraments remain blue. The Bible mentions “black” very little and never in reference to somberness and sorrow. However, the color black suits our mood of sadness and mourning on Good Friday as we see the perfect Son of God, dying for our sins on the cross of Calvary, and we ask, “Were you there, when they crucified my Lord?”

All Sing: *Were You There (LW 505) or  
O Sacred Head, Now Wounded (TLH #172, LW #113)*

**Red** (Light the red candle from the black one and place it in the holder.)

After all the repentance and gloom of the Lenten season comes the joyful Eastertide. Fifty days later the altar cloths turn red, and we celebrate the excitement of Pentecost. Represented in red tongues of fire, the Holy Spirit comes to us. Other joyful occasions receive the “red parament treatment,” too, such as Reformation Day, installation of a new pastor, Dedication Day, church anniversary, mission festival, days used to commemorate saints and martyrs and Thanksgiving. Red is a bright, bold, happy color fit for celebration. Red horses, the Red Sea, a red sky and red wine are mentioned in the Bible. Red symbolizes the fervor of the victorious “Spirit of the Living God” as it falls afresh on us.

All Sing: *Spirit of the Living God (The Other Song Book #195) or  
Holy Ghost, with Light Divine (TLH #234, LW #166)*

**Green** (Light the green candle from the red one and place it in the holder.)

During the Pentecost season green paraments are used on the altar. This is the longest season of the church year, referred to as the nonfestival season. With a few exceptions, green is the liturgical color used from May to November. Perhaps it is only natural that during the summer months of the year green should prevail in the church. Green...the color of grass, trees and leaves...brings with it the promise of fresh, abundant new life - a symbol of our daily growing in our faith in Christ. In fact every mention of green in the Bible deals with nature...green plants, green pastures, green grass.

The long Pentecost season gives us a time to think about the Three-In-One - the Father, Son, and Holy Spirit whom we adore and our opportunities to grow in service in His name.

However, the days grow shorter as autumn comes, and soon the leaves begin to fall, the grass turns brown and winter winds start to whistle around the corner. Before we know it, the Advent season is here once more bringing with it yet another new church year...and the cycle begins all over again.

Blue, White, Purple, Black, Red and Green - now you know what the colors of worship mean.

We close by singing the round, *Father, I Adore You*. Divide into three groups and sing the round through three times.

All Sing:

*Father, I Adore You* (Songs for Disciples #52) or  
*Glory Be to God the Father* (TLH #244, LW #173) or  
*Praise God, from Whom All Blessings Flow* (TLH #644, LW #461)

References: *The Year of Our Lord* by Theodore Kleinhaus  
*The Christian Year* by Edward Horn  
*The Holy Bible* (NIV)  
*Webster's Collegiate Dictionary*  
*The Lutheran Hymnal* (TLH)  
*Lutheran Worship* (LW)

# January

## MAKE 6-POINT PAPER SNOWFLAKES

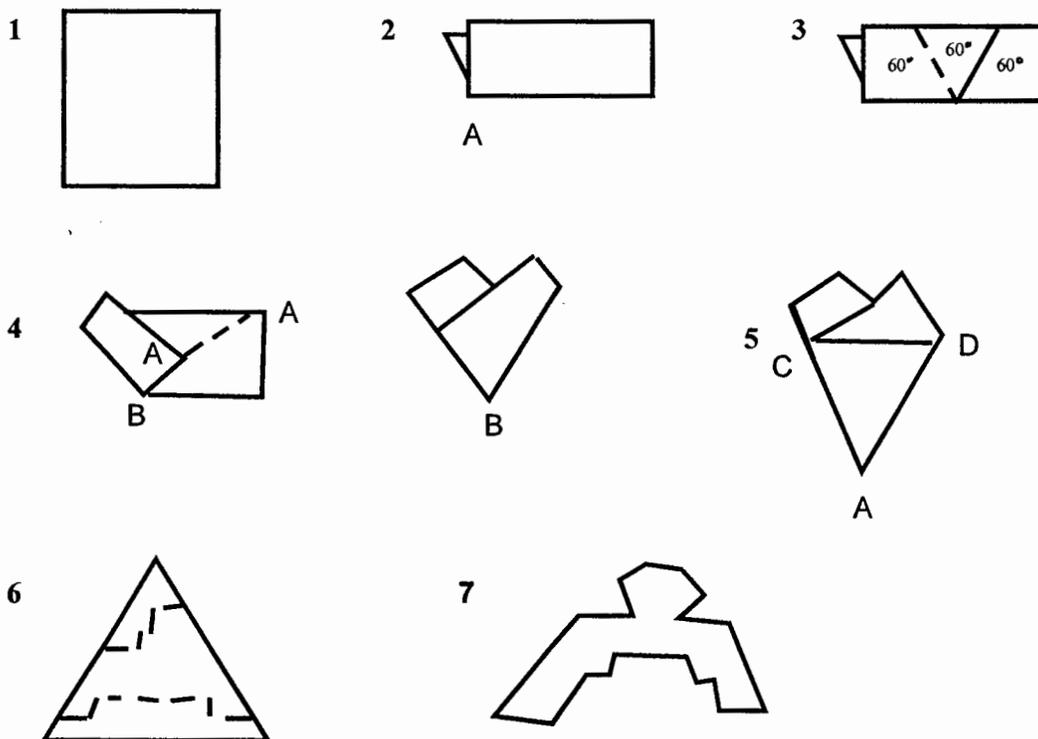


Each person cuts out her own snowflake using directions found below. Bend a coat hanger into a circle. Completed snowflakes are tied by fine-gauge fishing line at varying lengths around the circle. Snowflakes will dance when gently shaken for your cheer. You may add tinsel around the wire circle for a more glimmering effect.

***Supplies needed:***

- One 8" square sheet of white paper for each person
- Scissors, pencils, protractor
- Fine-gauge plastic fishing line
- 1 wire coat hanger
- Christmas tinsel

1. Each person receives a sheet of paper.
2. Fold paper in half. Find and mark the center point along the fold.
3. Divide into three equal 60-degree angles, using a protractor if necessary. Mark lines to fold each 60 degrees from the center point.
4. Fold left side A toward center on left side penciled line. Fold right side A toward center on right side penciled line.
5. Measure the distance from B to C. Mark an equal distance from B up right side, which will be D. Cut across from C to D.
6. Let B become the top. Cut out a design, leaving some of the folded edges uncut.
7. Unfold your design. Your snowflake will have 6 points.



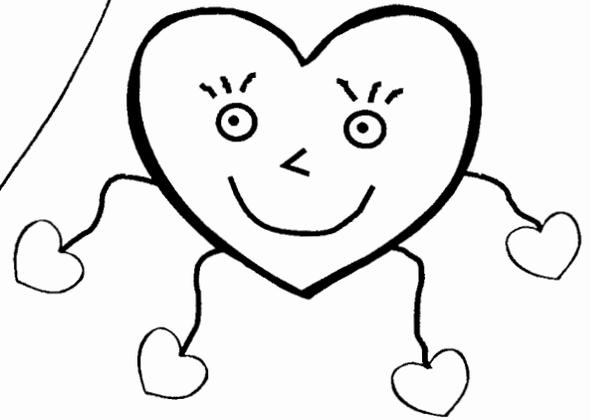
Fold Line

## February

### MAKE A VALENTINE PUPPET

**Supplies needed:**

- 12" x 18" sheets of red construction paper
- 4 flat rubber bands for each person
- scissors, stapler, tape, markers

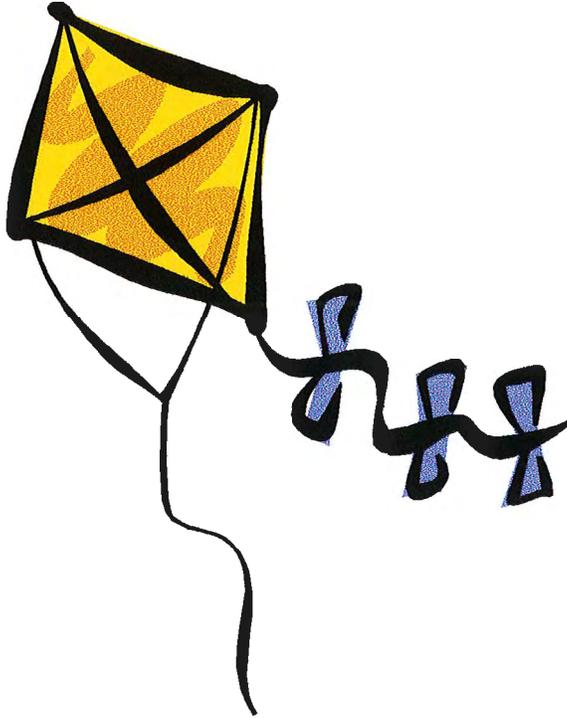


Fold Line

1. Each person folds a sheet of red construction paper in half, then in half again.
2. Trace and cut out heart pattern observing the fold lines. Cut out 4 small hearts from red paper scraps for the puppet hands and feet.
3. Cut each rubber band in half to form long elastic strings. Tape rubber bands to sides and bottom between layers of the big heart for puppet arms and legs.
4. Tape small heart to end of each elastic arm and leg.
5. Staple big heart together in a couple of places on outside edge, leaving bottom open for your hand to slip in.
6. Draw a face with markers or the words "God is Love."
7. This happy heart puppet loves to swing and dance as you do your cheer.

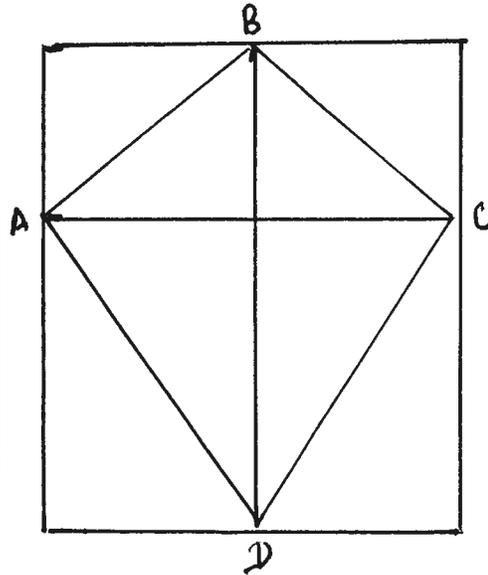
## March

### MAKE A KITE FOR MARCH



#### *Supplies needed:*

- Large sheets of construction paper in various colors
- 1" wide strips of lightweight poster board
- Yarn
- Twisted paper ribbon (Metallic is nice.)
- Fine-gauge plastic fishing line
- Glue, tape, stapler, rulers, paper punch, markers



1. Each person folds her sheet of construction paper in half the long way. Fold down 1/3 or 6 inches.
2. Unfold. Draw a straight line from A to B on both sides.
3. Draw another straight line from B to C on both sides. Draw lines from A and C to D. Cut along lines. Reinforce kite by gluing on strips of poster board - making a cross.
4. Decorate with sun, moon, stars, or clouds with markers or cutouts using scrap paper.
5. Add a tail of yarn to the bottom of kite. Make it 3 feet long and fasten with tape to the kite.
6. Cut three or four 5" lengths of twisted paper ribbon. Untwist each piece. Pinch in center and twist one turn. It should look like a bow. Fasten to kite tail, equally spread with extra yarn. See example above.
7. Punch a hole through poster board and kite at top. Insert and fasten a length of fishing line so your kite can sail as you do your cheer.

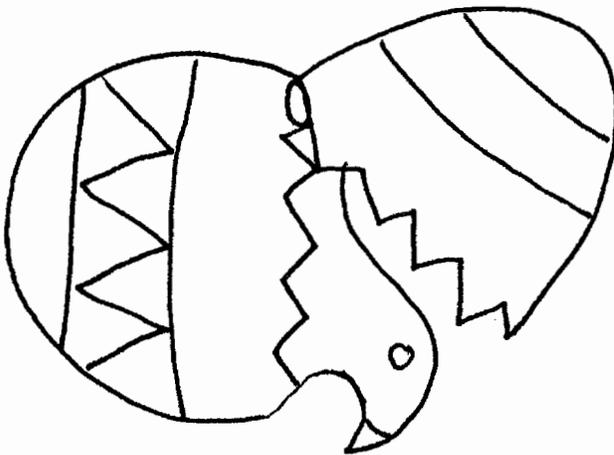
# April

## MAKE AN EASTER EGG THAT HATCHES

### ***Supplies needed:***

- 1 sheet of 12" x 18" construction paper for each person - in various pastel colors
- 1 sheet of 8½" x 11" yellow paper per person
- Brass paper fasteners, scissors, markers

1. Draw and cut out an egg shape on a piece of pastel construction paper. Draw designs on the egg with markers. Cut the egg in half along a jagged line.
2. On yellow paper, draw and cut out a chick from pattern. Glue the chick to the back of the bottom half of the eggshell so that it seems to be sitting in the shell.
3. Attach the top half of egg to the bottom half with the brass fastener. Make it pop open to reveal chick at the end of your cheer.





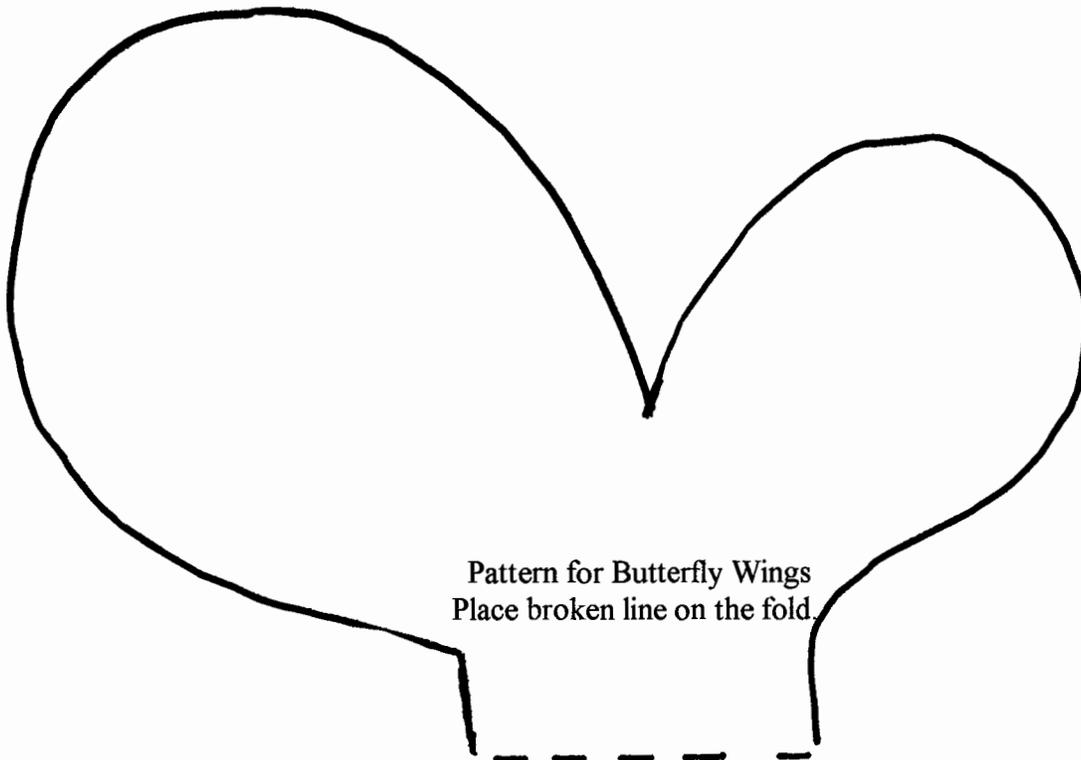
## May MAKE A BUTTERFLY

Ah! The beautiful month of May! Use colorful, floral gift-wrap paper or wallpaper for this project. Laminate the paper or use clear, self-adhesive plastic to make your butterfly more stable.

### ***Supplies needed:***

- Each person gets a 6" x 8" sheet of laminated gift wrap
- Each person will need a 4" wooden clothespin
- Each person needs two chenille stems
- Have on hand: white glue, scissors

1. Fold laminated sheet of gift-wrap in half, wrong side out, making it 6" x 4".
2. Trace patterns for both wings onto wrong side of paper with broken line on fold to make whole wings.
3. Cut folded; open flat.
4. Slightly overlap small wing over large wing. Tape in position. Using white glue, glue fold lines (center backs) into slot in clothespin.
5. Add chenille stems for antenna. Curl tips.
6. Over achievers may want to make double wings for their butterfly.
7. Hold your butterfly underneath by the clothespin, use a floating motion, it will fly beautifully.



# June

## MAKE A GRADUATION CAP & DIPLOMA



June is the month for graduation. Our June grads will be looking sharp and ready to shout their cheer in their mortarboards, lifting their diplomas on high. The craft leader could have materials cut ahead of time.

### *Supplies needed:*

- Each person will need a 10" x10" piece of poster board
- Each person gets a 30" x 2" piece of construction paper. It should be the same color as the poster board.
- Contrasting yarn for tassel
- Regular white 8½" x 11" typing paper
- Narrow ribbon
- Have on hand: scissors, tape

1. With scissors, punch a hole in the center of the piece of poster board.
2. Loop construction paper into a circle; make it fit your head; tape.
3. Tape flat part of mortarboard to circle at intervals on inside.
4. To make tassel, cut about 10 pieces of yarn, each 8" long. Tie with another piece of yarn (about 15" long) around the middle. Fold tassel in half and using more yarn, wrap and tie it off 1/2 inch below the knot. Trim uneven ends of tassel. Both ends of the longer yarn should be tucked in the hole in the mortarboard and taped in place on the underside.
5. Make a diploma with white paper and ribbon, rolled as illustrated above.

# July

## MAKE A 4TH OF JULY FIRECRACKER

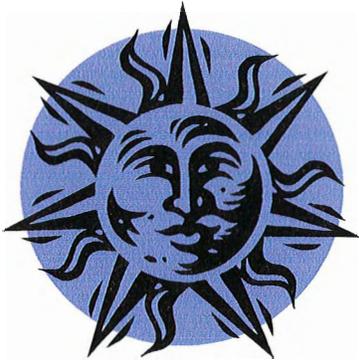
Let's celebrate our country's birthday with a colorful firecracker and the pop of fireworks.

### *Supplies needed*

- Empty toilet paper tube for each person
- Aluminum foil
- Colorful decorations like Christmas tinsel, curling ribbon, silver craft stems
- Star stickers
- 12" square of bubble wrap
- Tape, glue, plastic grocery bags, markers

Each person stuffs her paper tube with a plastic grocery bag to make it more sturdy. Cover the outside of the paper tube with aluminum foil. Add stars with a marker or star stickers. Stuff tinsel in one or both ends leaving some to hang out. It may need to be taped or glued to stay in place, or use sliver stems or curling ribbon. As you give your cheer, wave or toss your firecracker and explode your bubble wrap by stomping on it with your feet. Happy 4<sup>th</sup> of July!





## August

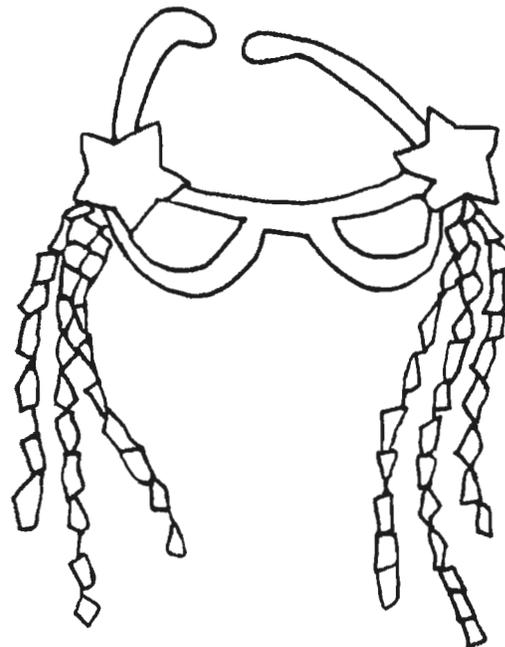
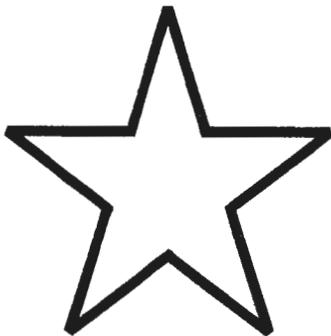
### MAKE SNAZZY SUNGLASSES

Ask an eye doctor or eye care center to donate enough plastic eye shields (Post-Mydriatic glasses) for your August group. [These are the glasses used after your eyes have been dilated. Usually they will be glad to help you if you tell them it is for a church retreat.]

#### ***Supplies needed:***

- Flexible, plastic eye shields for each person
- Neon poster board for each person
- Two 4" squares of neon poster board for each person
- Crinkle tie in assorted colors, or pre-curled ribbon
- Glue, scissors, stapler

1. Attach strands of curling ribbon to your glasses. Use glue or stapler.
2. Trace patterns for two stars onto poster board. Cut out.
3. Glue one star over the ends of the curled ribbon at each corner of glasses. When you model your new sunglasses you will look very cool and you can shout your cheer with pizzazz!



## September

### MAKE A "RUN THROUGH" VICTORY BANNER

This is a team effort. With back to school and team sports in mind during September, make a Victory Banner. The craft leader will want to cut out 4" letters beforehand that spell "GOD GIVES US THE VICTORY" from 1 Corinthians 15:57.

#### *Supplies needed:*

- 2 ½ -3 yards of craft paper, which comes on a roll, used in making murals
- Pre-cut 4" letters spelling "God Gives Us The Victory"
- Glue sticks
- Scissors
- 2 chairs

1. Center the letters on the banner and glue them in place. Let dry a few minutes.
2. Cut long slits in the banner at intervals, even through the lettering, so that it will easily break when the team runs through.
3. Four September girls will hold the banner, two down low and two up high on a chair, if possible.
4. The audience will love it when you burst through with  
"September, September, back to school. September girls are sure to rule!"

GOD GIVES  
US  
THE VICTORY!



# October

## MAKE A REFORMATION BANNER

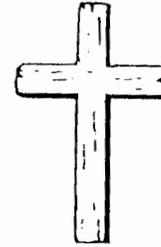


October participants will want to take their banner home as a reminder of their faith.

### ***Supplies needed:***

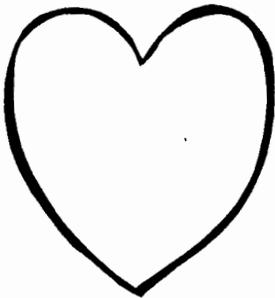
Each person will need:

- 1 wooden dowel, 9" long, 1/4" thick
- 1 white 9" x 12" felt square
- 1 gold 6 1/4" circle of felt
- 1 blue 5 1/2" circle of felt
- 1 white 4 3/4" circle of felt for the rose
- 1 red 2" felt heart
- 1 small black felt cross about 1"
- Have on hand scissors, white tacky glue, glue gun, white yarn.

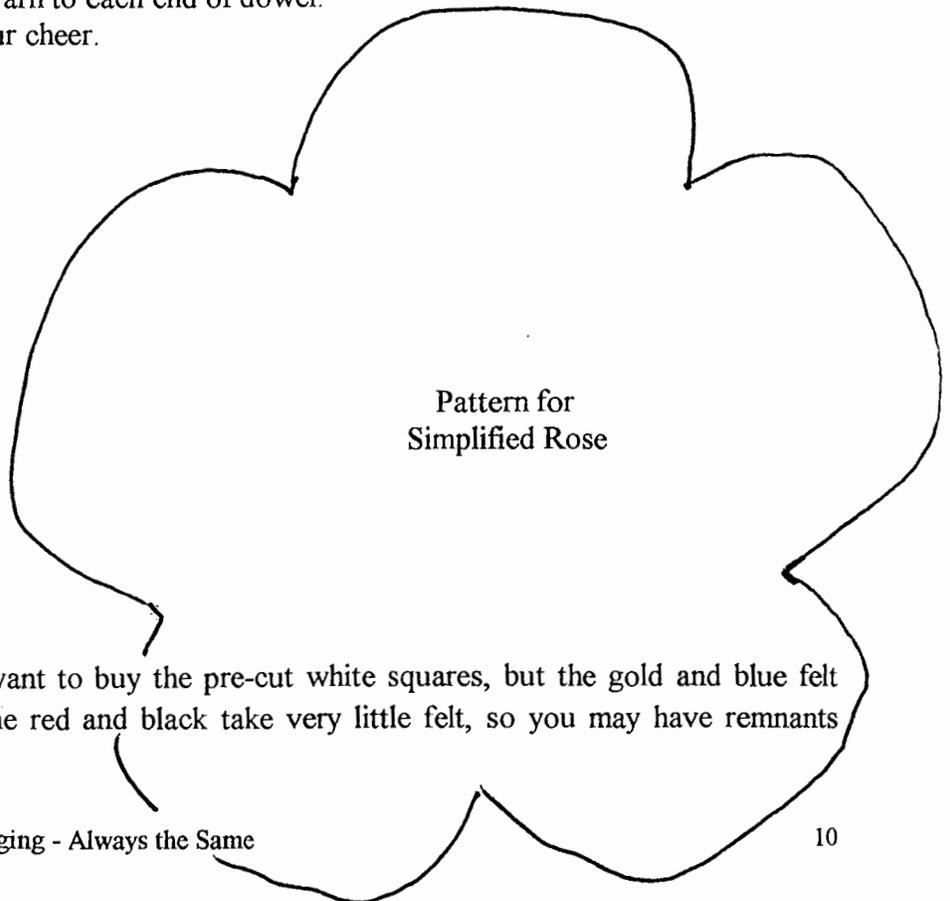


Pattern for Cross

1. Fold down and glue 1" at the top of white square, leaving room to insert wooden dowel for hanging. Let dry.
2. Center gold circle on white square. Glue in place.
3. Center blue circle on gold circle. Glue in place.
4. Cut white circle according to pattern. Center on blue circle and glue in place.
5. Center red heart on white circle (rose). Glue in place.
6. Center black cross on red heart. Glue in place.
7. Insert wooden dowel. Tie length of yarn to each end of dowel.
8. Proudly show your banner during your cheer.



Pattern for Heart



Pattern for  
Simplified Rose

\*A note to the craft leader: You will want to buy the pre-cut white squares, but the gold and blue felt would be best bought by the yard. The red and black take very little felt, so you may have remnants available.

## The Meaning of Martin Luther's Seal

*While a professor at Wittenberg, Luther devised this seal which he declared was meant to be "expressive of his theology." This explanation is the gist of a letter to his friend, Herr Spengler, town clerk of Nuremberg.*

The first thing expressed in my seal is a cross, black, within the heart, to put me in mind that faith in Christ crucified saves us. "For with the heart man believeth unto righteousness." (Romans 10:10 KJV)

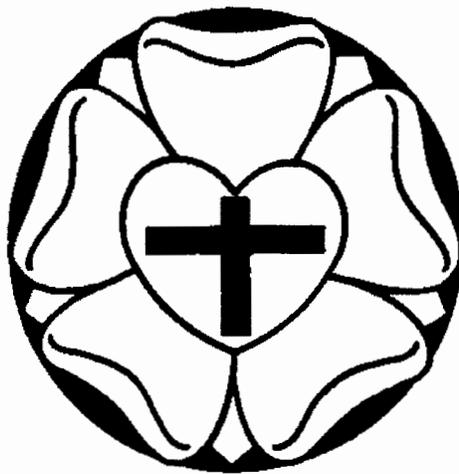
--Now, although the cross is black, mortified, and intended to cause pain, yet it does not change the color of the heart, does not destroy nature - i.e., does not kill, but keeps alive. "The just shall live by faith," (Romans 1:17 KJV) - by faith in the Savior.

--But this heart is fixed upon the center of a white rose, to show that faith causes joy, consolation and peace. The rose is white, not red, because white is the ideal color of all angels and blessed spirits.

--This rose, moreover, is fixed in a sky-colored background, to denote that such joy of faith in the spirit is but an earnest beginning of heavenly joy to come, as anticipated and held by hope, though not yet revealed.

--And around this ground base is a golden ring, to signify that such bliss in heaven is endless, and more precious than all joys and treasures, since gold is the best and most precious metal. Christ, our dear Lord, will give grace unto eternal life.

Reference: *Luther Cyclopaedia* edited by Erwin Lueker



## November

WE GATHER TOGETHER TO MAKE A CORN STALK FOR  
THE HARVEST SEASON.



The craft leader will need to have lots of pre-cut 1" x 3" strips of construction paper. Plan on about 70 per person. These strips should be the colors of Indian corn - gold, yellow, brown, red, orange, maroon, rust, tan, and even black.

### *Supplies needed:*

Each person will need:

- Many pre-cut 1" x 3" strips of construction paper
- 1 piece of construction paper about 11" x 3½", any color
- 2 feet of natural (tan) paper twist (corn husk color)
- Other supplies: scissors, white glue, tape, several yards of natural color paper twist

1. Each person will make an ear of Indian corn. Using 11" x 3½" paper, cut out an ear of corn, slightly rounded and tapered on one end. (See illustration above.)
2. Individual kernels are made by looping the small strips of colored paper, using tape or glue to hold the ends together.
3. Using glue, cover the corncob completely with the kernels in rows. Use a variety of colors.
4. Add paper twist husks to one end.
5. When it comes time to do your cheer, your group should form a human corn stalk. Stand and form a tight circle with your bodies, back to back, representing a corn stalk. Have someone tie the long paper twist around your corporate waist. (Everybody suck in!) Hold your ear of corn underneath your chin, kernel side out, or tuck them in your waist. Lift your arms in the air, bent at the elbow and wrist. (See corn stalks above.)

## December

### MAKE A CHRISTMAS MURAL

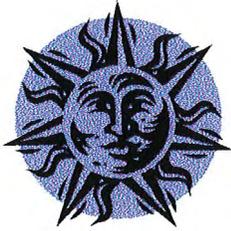
#### ***Supplies needed:***

- A large sheet of construction paper, 12" x 18" or larger for each participant
- Colored Markers
- 1 set of pre-cut letters that spell "JESUS FILLS OUR HEARTS AND HOMES WITH CHEER" (The Craft Leader will want to have these ready.)
- Glue

1. Each person makes a drawing of their own home using the construction paper and markers.
2. You may add Christmas decorations to the house and landscaping.
3. Put your address at the bottom.
4. One person glues the word "JESUS" above her house. The next person glues the word "FILLS" above her house. Continue until all the words are used up. (Placement of the words will depend on how many are in your group.)
5. At cheer time, participants line up with their backs to the audience and their sign in front of them. During the cheer, turn facing front, one by one, to reveal your part of the completed mural and chanting your part of the cheer.



**The Smiths  
1234 Drive  
Your City, State**



# Evaluation

## Always Changing

## Always the Same



This retreat was planned so that participants would go home feeling refreshed,

***A w a k e n e d,***

and renewed,

ready to continue their walk with and service to Christ.

Do you feel this retreat has accomplished its goal?

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Did you enjoy the theme of the retreat?

---

Was there a good proportion of inspiration and fun?

---

What was your favorite part?

---

Was the setting for the retreat convenient and comfortable?

---

Was this time of year good for you?

---

Was the length of retreat (9 AM to 3 PM) to your liking?

---

Do you have suggestions for future retreats? Time frame, site, topic, agenda, speaker, etc.

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Is this your first retreat with this group?

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**As you leave, please place your completed evaluation in the box marked**

**Evaluations**



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