



Disciples Transforming the World

FaithTrek Summer Learning Kit - August

Hand Sculptures - Serve



There are 39 incredible, full size sculptures and 12 mini sculptures on display around the city. Take a cruise and check out these amazing sculptures all of which help us see ways we are called to serve. A map with a description can be found at www.servinghandslincoln.org. Take your adventure to the next level by creating your own hand drawing or sculpture. Send a copy of your drawing or a photograph to Sunni at sunni@flclincoln.org. We would love to share your creative work.

Left Handed? - Diversity

Have a lefty in your household? August 13 is International Left-Handed Day. Have a "left-handed party" where everyone uses their left hand to eat or write their name using their left hand. After the fun, have a left-handed person share personal stories of discrimination, such as having to use right-handed scissors or being pressured to play baseball as a right-hander. Recognize similarities while honoring differences.

Watermelon Pizza - Joy

While you are waiting for the burgers, let the kids make watermelon pizza. Slice a mini seedless watermelon into 4-5" thick discs. Add a layer of yogurt to your watermelon base and you are ready to decorate. Use strawberries, kiwi, blueberries, apple slices and other favorite fruits as toppers. If you have time, use cookie cutters to make stars and other shapes out of a yellow watermelon. Add an accompaniment element to this fun activity by taking this healthy gift to a neighbor who may not be able to enjoy your homemade cookies or candy.



First Day of School Blessing

The first day of school is a big deal no matter what your age. Celebrate the first day of school using First Lutheran's "New School Year Blessing". It's designed for preschool through high school students but you could

easily adapt and use for college students and faculty.

The handout has prayers for students, parents, teachers and caregivers. Share with friends and family.

First Lutheran members have written 13 different faith-filled blessings and more are in the works. You can download any of the blessings found on the Resource page of the First Lutheran website (www.flclincoln.org)

Important Dates

August 11
Summer Family VBS & Potluck at Roberts Park Noon-2

August 17 & 18
Backpack Blessing during worship

August 18
Training session for FaithTrek Guides with lunch - Noon-3:00

August 25
Congregational Picnic/ Potluck at Holmes Lake Park - Noon

September 8
FaithTrek Family Kickoff & Gathering - 9:30 AM in the Activity Center

The August Snack Pack

The August Snack Pack has treats that all connect to being a disciple. Can you find the connection?

- Chocolate kisses
- Twizzlers
- Laughy Taffy
- Starburst—double flavored

What would you add to the snack pack?

This morning, God,
this is your day. I am
your child; show me
your way.

Iona Community Scotland

Be a Meals on Wheels Delivery Team!

Once a month, pick up the coolers from the First Lutheran kitchen and deliver to the homes listed on your instruction sheet. The route takes about an hour. Quick and easy training will be provided because not only are you serving by delivering a hot meal, you are also providing a safety check for someone that may be living alone. Coolers go back to Tabitha on 48th & Randolph. This is a great family activity for all ages. Contact Sandy Latshaw for details or to sign up. Her email is sjlatshaw@outlook.com. Teach your kids to serve by serving as a family.

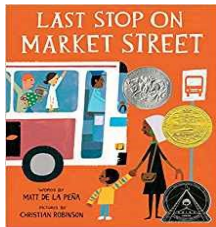


Stop using balloons for your water games. Make your own sponge balls with sponges and hair ties or rubber bands. Throw in the washer when they get yucky and lay out to dry. Be sure to dry thoroughly before storing!

Summer Reading Ideas

Last Stop on Market Street

By Matt de la Peña - 3 to 5 years
Every Sunday after church, CJ and his grandma ride the bus across town. But today, CJ wonders why they don't own a car like his friend Colby. Why doesn't he have an iPod like the boys on the bus? How come they always have to get off in the dirty part of town? Each question is met with an encouraging answer from grandma who helps him see the beauty—and fun—in their routine and the world around them.



Be Kind

By Pat Zietlow Miller - Pre to 2nd
This is a thoughtful picture book about kindness that gets the message across without being heavy handed. With two simple words we can change the world.

My Mouth Is A Volcano

By Julia Cook - 5-8 year olds
My Mouth Is A Volcano takes an empathetic approach to the habit of interrupting and teaches children a witty technique to help them manage their rambunctious thoughts and words. An extra plus is the fact the book is written from Louis's perspective, a child with an erupting mouth. There is a separate activity and idea book available. Use the guide along with the story book. The activity book is full of discussion questions and exercises to share with kids.

Enrique's Journey (The Young Adult Adaptation): The True Story of a Boy Determined to Reunite with His Mother

Adapted for 9 -12 year olds, this edition of *Enrique's Journey*, by Sonia Nazario, is based on the adult book of the same name. It is the true story of Enrique, a teenager from Honduras, who sets out on a

journey, braving hardships, to find his mother, who had no choice but to leave him when he was a child and go to the United States in search of work. Enrique's story will bring to light the daily struggles of migrants, legal and otherwise, and the complicated choices they face simply trying to survive and provide for the basic needs of their families. Includes a photo insert and an epilogue that describes what has happened since the adult edition was published.

First Lutheran

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