

# FaithTrek

Sunday Morning Christian Education for 3 Year Olds through 5th Grade  
September 2021



## September Word of the Month is “Creation”

Therefore, if anyone is in Christ, the new creation has come. The old has gone, the new is here! (2 Corinthians 5:17)

Not only did God create the world and everything in it, God can make all things new. We especially want to focus on a new creation as we move forward together at First this fall. Although the pandemic has brought many challenges, including cancelled events and distanced gatherings, we can take this opportunity and create something new together. This is our chance at First Lutheran to create a fresh start. Let's work together to help our youngest grow in their faith and create new opportunities for the kids to grow in their faith.



## September FaithTrek Calendar

September 12 - Come to the Learning Fair in the Activity Center! Members of all ages, including FaithTrek kids and families are invited to learn about the different learning ministries of First Lutheran. You will also have the opportunity to make a treat to take home, make a musical instrument out of recycled products and listen to the story of how God gave Jonah and the people of Ninevah a fresh start.

September 19 - First Lutheran member, Donice Kasper, will visit with us about Kicks for Kids (*see the article on the back side*). We will help sort socks to be delivered to schools.

September 26 - Come and learn about God's creation and make some music!

## Sing in a Choir



Being a part of a children's choir is one of few opportunities for children to play a leadership role during worship. Children learn songs and percussion music to praise God. Learning worship music builds children's faith, as well as their musical abilities. Cherub Choir (grades K-2) meets on Wednesdays from 5:00-5:45 pm with songs, drums and boomwhackers. The choir is directed by Jan Modica. Chorister Choir (grades 3-6) meets on Wednesdays from 5:00-5:45 pm with songs and Orff instruments. Erin Niebuhr directs the Chorister Choir. COVID protocol is followed to protect the children. Kids are welcome anytime to participate in a choir. For more information, contact Masako Bacon at [music@flclincoln.org](mailto:music@flclincoln.org).

Sundays 9:30-10:30 am

September 2021-May 2022

Contact Lindsey at [lindsey@flclincoln.org](mailto:lindsey@flclincoln.org)

## A New Way to Pray

There are several ways to pray with kids that teach how their minds and bodies communicate with God. So, try this simple prayer below, it is especially useful for the kinesthetic learner. Additionally, yoga and dance are great options that can be done with children of all ages.

(3 deep breaths)

God, you are above (reach toward the sky), below (touch your toes), inside (hands to heart) and all around (big arm circles). I worship you (reach toward the sky) and give my life to you (touch your toes). And I love you (hands to heart) with all that I am (big arm circles). Amen.

(3 deep breaths)

*Prayer through Movement: Taken from Illustrated Ministry Ways to Pray with Kids: 10 Creative Prayer Ideas for Kids of All Ages (illustratedministry.com)*

## FaithTrek Families Invited to Support Kicks for Kids

As families with children, you understand the importance of decent shoes, how much they cost and how they wear out.



Kicks for Kids is a mission project to give kids in need new athletic shoes and socks. The project helps students from seven elementary schools and four middle schools in our community. Each fall schools are contacted and they provide the size

of shoes needed and if they are for a boy or girl. First Lutheran members can either buy a pair of shoes or donate money and volunteer shoppers will buy them. The shoes are delivered to the schools who then give them to the child. Each child also gets five pairs of socks. First Lutheran usually delivers around 230 pairs of shoes and 1150 pairs of socks each year.

Shopping for shoes is a great family activity and it will help a student put their best foot forward in school! FaithTrek students will help with the Kicks for Kids project on September 19.

## Family Activity: Make Apple Nachos

4 apples, your favorite variety

8 T. peanut butter

4 T. chopped chocolate or chocolate morsels

4 T. chopped peanuts or your favorite nut

Optional toppings to consider: Dried fruit raisins, cranberries, pineapple, coconut, etc., caramel sauce, chocolate sauce, miniature M&M candies or whipped topping.



Instructions: Core apples and slice into even slices. (I used a mandolin cutter.) Arrange apple slices on a plate. Place peanut butter in a microwave safe measuring cup or bowl. Heat for 30 seconds or until pourable. Drizzle over apple slices. Top the apple slices with chopped nuts and chocolate as well as any additional toppings you desire.

*Taken from: Easy to Make Apple Nachos - Marathons & Motivation (marathonsandmotivation.com)*