

“Families are like quilts.... Lives pieced together, stitched with smiles and tears, colored with memories and bound by love.” (Author Unknown)

Use an example of a quilt – Thoughts taken to the Amish community where women gather around to produce a quilt for a community member, usually for a wedding. All ages together sharing wisdom and knowledge and their faith stories.

Bible stories based on families – Ruth and Boaz, When Ruth needed to move on and had no immediate plans she went to lie at the feet of Boaz and he covered her with his garment. God’s greater plan.

Thinking along the lines of how to share your thoughts, hopes fears and dreams I came across an idea for a friendship box. This could be adapted or enlarged depending who you were aiming at.

Friendship Kit

- Rubber band – To remind you that you are bound together in Christ.
- Sweets – To remind you of the goodness and sweetness found in Christ.
- Tissue – To dry another’s tears or your own, as life can be hard sometimes.
- Cotton ball – To remind us that though our sin may be as scarlet, we can be white as snow. Always be prepared to share your faith.
- Postcard – To write a long overdue note to a friend or write to someone you know who is ill or lonely.
- Plaster – To remind you of healing, perhaps of hurt feelings of someone you love, forgiveness.
- Ribbon – To remind you of the friendship ties that you have in the Lord.
- Tea bag – Sitting down with a cup of tea is always a good place to start.

There are so many ways you can use this, for a visual aid while giving a talk on Chaplaincy, making a box with residents to share with their children or grandchildren or even have a group time at a coffee morning where you have items set out and small boxes where individuals can make their own boxes with a selection of items just tailored to them.

Prayer ideas

MHA butterfly symbol

- Cut out butterfly – can be brought from craft shops
- Write prayer on butterfly during prayer time

- Place on a picture of a tree or flower etc.

Thinking along the lines of the quilt / tapestry - Use two pieces of wood with string tied between them to create a simple loom. Congregation given a selection of colored paper to write their prayers on and at a given time they add their prayers to the loom. Our lives and prayers are part of a rich tapestry and God sees the bigger picture.

Hymns

All I once held dear
Faithful one
Great is thy faithfulness
My Jesus, My Saviour
O Jesus I have promised
Our confidence is in the Lord

Rachel Drury – MHA Chaplain