

Abundant Possibilities...

Date: 13 July, 2008 Reading: Matthew 13: 1-9, 18-23: the sower and the seeds

CD bird feeder



You will need:

- ♦ unwanted CDs
- ♦ paper plates, plastic knives for spreading
- ♦ peanut butter or bacon fat
- ♦ bird seed
- ♦ wool or string

What to do:

- ♦ Spread peanut butter or bacon fat on both sides of a CD.
- ♦ Sprinkle bird seed on each side as you coat it. (Do this over a paper plate to catch the seeds that fall.)
- ♦ Thread a longish length of string or wool through the hole in the middle.
- ♦ Tie it to a tree branch for a simple treat for the birds in your garden.

Other Lectionary Links:

21 September: Manna from heaven, bread and quails...

See also: *Hairy Harry* June 22 '08

Seed Mandala

You will need:

- ♦ coloured rice in a range of different colours, in separate containers e.g. plastic cups or margarine containers
- ♦ large plastic sheet or sheet of cardboard
- ♦ blackboard compass or pencil and string to draw a circle



There is no right or wrong "thing" to draw or create — someone may want to represent one part of the story (e.g. the patch of thorns) but someone else may want to create something that represents what are the "thorns" in our lives (e.g. money, fame, power...)

Children may also use colours to symbolize different items, e.g. money might be shown as green dollar sign, bright yellow may show feeling happy or use grey or black to show sadness.

What to do:

- ♦ Spread plastic sheet or cardboard out on the floor..
- ♦ Draw a large circle on the sheet.
- ♦ Participants each take a piece of the circle and make their own creative response to the theme or story.
- ♦ Fill all space within the circle with coloured rice. Any space between images can be filled with a "filler" colour e.g. brown for soil or grey for stones.
- ♦ The rice is not glued on, so photograph the finished picture before dismantling it.

To colour rice:

You will need:

- ♦ bottles of food colouring
- ♦ uncooked rice
- ♦ a mixing bowl
- ♦ tablespoons
- ♦ measuring cup
- ♦ icecream containers

What to do:

- ♦ Place a tablespoon of colouring in the bowl and then add 2 cups of rice and stir vigorously. The rice takes up the colour immediately; if not, add a tiny amount of water and keep stirring.
- ♦ Pour it onto a tray and place it into a low oven to completely dry, or pour onto a piece of waxed paper or alfoil and leave to dry for about ½ a day (less if you spread them out well in a warm airy place).
- ♦ Then pour it into an icecream container and start a new colour.
- ♦ Halve the ingredients to make less.
- ♦ Mix food colours to make brown, purple etc. Use ink for black.

What is a Mandala?

Mandalas are an ancient form of spiritual art, used to inspire insight and enhance creativity. The first mandalas are believed to be sand paintings made by Buddhist Monks of Tibet around 2500 years ago.

Mandala more or less means "circle" or "centre".

Mandalas are designs made in the form of a circle in which the person creating the design expresses thoughts and emotions. Shapes and patterns are added to a clearly calming centre point, optionally with soft background music.

Free Mandala Colouring Pages can be found on the internet. They can be used to explore creativity and emotions.

http://www.activityvillage.co.uk/mandala_coloring_pages.htm

http://www.mariposamuseum.org/downloads/mandala_sample.gif

<http://www.free-printable-mandala-coloring-pages.com/>

<http://www.free-mandala.com/en/start.html>