

# **The Great Cloud of Witnesses Curriculum 2020-2021**

**WARM Children/Family Ministry**

**Created by Beth Staniforth-Seamster**

*Topic for 10/14/2020*

*Hildegard of Bingen*

**Dear Parents, as we are now on month six of a global pandemic we are getting creative with our Children/Youth and Family Ministry. Normally, we would get together on Wednesday nights for Promise Point, Dinner, Team Jesus Drumming, and Middle School Youth Group. However, right now that is simply not possible! Instead, I have been working with the WARM Pastors to create a “family night” experience. Each week I will include a dinner prayer, a video introduction for the lesson, discussion questions, and an activity.**

**Beginning with the question, who was Jesus and why do we follow him? Each week we will explore a person who has loved God and loved God’s people; and in doing so, has made a difference in the world. My goal is to help kids understand that we all have different gifts and talents, which we can use to communicate God’s love to the world. As we learn about each different witness, I hope kids will come to understand themselves as important members of God’s family who have the power to make a difference for God’s people.**

**You are invited to participate as much or as little as you are able, believe me, I completely understand about the busyness of life. I would ask that if you do an activity you might consider sharing a picture. I have been thinking it would be fun to post our creations on Facebook, this way, even though we are not together in person, we can still interact.**

**If you have any questions or ever need supplies or additional support, please feel free to contact me at [elizabeth\\_staniforth@yahoo.com](mailto:elizabeth_staniforth@yahoo.com) or at church 262-473-2131.**

## **Dinner Prayer:**

Thank you for the food we eat,  
thank you for the world so sweet,  
thank you for the birds that sing,  
thank you God for everything, AMEN.

## **Check In Before Watching the Video:**

At Promise Point and Middle School Youth Group, we like to start by sharing our Highs and Lows together. I would encourage you to do this together before we start a further discussion about the Witness of the Day. This way, you can check in and know how each other's day has been. Just as it sounds, each person is invited to share their High (the best part of their day) and their Low (the hardest part of the day), after sharing, there are more questions for discussion.

- **Today our Witness is: Hildegard of Bingen**

Together as a family, take some time to answer this question before you watch the video: Have you ever heard of Hildegard of Bingen? What do you know about her?

## **Watch Miss Beth's Introduction Video**

What did you think about the witness for this week? Did you learn anything?

Hildegard was afraid that if she shared everything she saw in her visions and asked for advice from wise friends. Why do you think she was nervous about sharing everything? Are there things you are nervous to tell people? Who do you go to for advice?

Some people say that if you love God you can't believe in science, how did Hildegard's life challenge that belief?

## **Activity 1: Quiet Meditation**

Hildegard learned that when she saw great lights inside her head that that was “the light of God” making itself known to her. I wonder if it is possible to see the light of God in our own minds too.

For older kids: Find a quiet space to lay down, close your eyes and take a deep breath; spend some time quietly breathing with your eyes closed. When you open your eyes, think about what you saw, felt, and experienced. How was God present with you during that time of silent meditation?

Using markers, crayons, paint, pencil, or whatever supplies you have; draw what you saw. Share your drawing with your family. What does the “light of God” look like in your head? Does everyone’s light look the same? Could God be showing each of you a different image of God’s light?

For Younger Kids: What do you imagine God’s light looks like?

Using markers, crayons, paint, pencil, or whatever supplies you have; draw what you saw. Share your drawing with your family. What does the “light of God” look like in your head? Does everyone’s light look the same? Could God be showing each of you a different image of God’s light?

## **Activity Two: Love Abounds Scavenger Hunt**

Hildegard of Bingen famously said “love abounds in all things.” As a family go for a scavenger hunt and find 10 places where you see God’s love present in the world. Make a list and pray for those things together over the next few days.

## **Activity Three: Music**

Hildegard of Bingen was the first female composer and her music is still available today. Go to [www.youtube.com](http://www.youtube.com) and listen to some of the music she composed. I quite enjoyed: [Hildegard von Bingen ~ Music History for Kids](#)

**Image of Hildegard von Bingen:**





Saint Hildegard of Bingen - TheCatholicKid.com