



**Episcopal
Relief & Development**

Healing a hurting world

**The Abundant Life Garden Project:
A Program for Children of the Episcopal Church**

***Appendix A
Options for Extended Time Periods***

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Songs

Musical Recommendations

Music is an important part of worship and learning. Songs often convey our beliefs and theologies in ways that “stick” with us over the course of a lifetime. We encourage you to include singable, easy-to-follow songs for children as part of The Abundant Life Garden Project.

Every parish is different and appreciates different styles of music. We encourage you to use songs your children might already know and music styles that work best for your parish or group.

Some of the songs that follow are in the languages of people served by Episcopal Relief & Development. We encourage use of these songs as a means of introducing children to the cultures of other countries and to show solidarity with those served by our work.

We recommend these resource materials, all available at www.churchpublishing.org. Specific recommendations from each of these resources follow, divided by suggested use, such as opening/closing songs, songs for younger children, songs for specific modules and songs for use during a closing celebration of Holy Eucharist for your program.

Recommended Hymnals

My Heart Sings Out, ed. Fiona Vidal-White (New York: Church Publishing Inc., 2005).

Hymns of Glory, Songs of Praise, compiled by The Church Hymnary Trust (Norwich, UK: Canterbury Press, 2008).

Wonder, Love and Praise, A Supplement to The Hymnal 1982 (New York: Church Publishing Inc., 1997).

Lift Every Voice and Sing II: An African American Hymnal (New York: Church Publishing Inc., 1993).

Voices Found: Women in the Church's Song (New York: Church Publishing Inc., 2003).

Songs

Suggested Songs From *My Heart Sings Out*

Opening/Closing Songs:

- # 50 Let Us Talents and Tongues Employ—traditional Jamaican melody
- # 68 Listen, My Friends—traditional Chinese song, marked for use with finger cymbals
- # 73 Look Up!
- # 77 I, the Lord of Sea and Sky
- # 92 A New Commandment (Love One Another)
- # 105 We are All Children of the Lord
- # 131 We are a Part of Creation
- # 151 Let There Be Peace on Earth
- # 159 Now It is Evening—for use with an evening program

For Use with Younger Children:

- # 80 The Light of Christ
- # 82 Come Now, O Prince of Peace—use of verses 1 and 2 recommended
- # 109 I Am the Church
- # 112 May Your Loving Spirit
- # 156 Bendice, Señor, Nuestro Pan

For Use with Litany of Thanks:

- # 51 Gentle Jesus, Risen Lord
- # 74 Blest are the Poor in Spirit
- # 98 We Give Thanks Unto You

For Use During Holy Communion:

- # 48 Bread of Life—alternate verses for Lent and Ordinary Time very appropriate
- # 49 From Hand to Hand
- # 156 Bendice, Señor, Nuestro Pan

Songs

Songs Particularly Suited to the Theology of The Abundant Life Garden Project: *(for older children who read well or congregational use)*

- # 52 All Who Hunger Gather Gladly
- # 54 May the God of Hope (Dios de la Esperanza)—traditional Argentine folk melody
- # 79 Sent by the Lord—traditional Nicaraguan melody
- # 83 If You Love Me
- # 89 What Does It Mean to Follow Jesus?
- # 93 Pan de Vida—in Spanish and English
- # 94 Brother, Sister, Let Me Serve You
- # 155 Come Now, You Blessed—includes text of Matthew 25

Songs for Use with Water Module:

- # 95 Crashing Waters at Creation

Songs for Use with Seeds and Soil Modules:

- # 86 In the Bulb There is a Flower
- # 130 God the Sculptor of the Mountains
- # 139 Thank You for the Gift of Jesus—references to seeds
- # 142 Mothering God—references to rain, wind, sun, and grain of life

Songs for Use with Animals Module:

- # 65 Jesus Our Brother, Kind and Good—images of donkey, cow, sheep and dove
- # 102 The Lord, the Lord, the Lord is My Shepherd—African-American spiritual
- #141 Mother Hen

Suggested Songs From *Hymns of Glory, Songs of Praise*

Opening/Closing Songs:

- # 194 This is the Day—opening
- # 789 Now Go in Peace—closing; Caribbean folk melody
- # 798 The Peace of the Earth Be With You—closing; Guatemalan folk melody

Songs

For Use with Younger Children:

- # 144 I Love the Sun
- # 752 Alleluia–South Africa
- # 753 Honduran Alleluia
- # 756 Bless the Lord–traditional Kenyan song
- # 763 God Bless to Us Our Bread (and Give Bread to All Those Who are Hungry)–Argentina
- # 765 God’s Love is for Everybody
- # 771 If You Believe and I Believe–Zimbabwean variant of English folk melody
- # 784 Lumiere de Dieu–Sisters of the Grandchamp Community, Switzerland
- # 788 Mungu Ni Mwema (Know that God is Good)–Republic of Congo
- # 800 Thuma Mina (Jesus Send Me)–South Africa
- # 803 We Will Walk with God–Swaziland
- # 805 Your Will be Done On Earth, Lord–South Africa

For Use with Litany of Thanks:

- # 779 Zimbabwean liturgical acclamation—with alleluia response to Cantor

Songs Particularly Suited to the Theology of The Abundant Life Garden Project:

- # 141 Life of the World
- # 147 All Creatures of Our God and King
- # 180 Give Thanks with a Grateful Heart
- # 360 Jesus Christ is Waiting–sung to the tune of a well-known French carol

Songs for Use with Water Module:

- # 138 Nourished By the Rainfall, the Earth Can Come Alive

Songs for Use with Seeds and Soil Modules:

- # 136 God’s Will for Creation–Gaelic folk melody
- # 140 Lord, Your Hands Have Formed this World–traditional melody from the Philippines

Songs

Songs for Use with Animals Module:

- # 136 God's Will for Creation—Gaelic folk melody
- # 137 All Things Bright and Beautiful

Suggested Songs from *Lift Every Voice and Sing II*

(numbers refer to page numbers in this hymnal)

Opening/Closing Songs:

- 219 This is the Day—opening
- 158 Make Me a Blessing To Someone Today—closing
- 201 I've Got Peace Like a River

For Use with Younger Children:

- 217 He's Got the Whole World in His Hand
- 222 Jesus Loves the Little Children
- 110 You Hear the Lambs a-Cryin'
- 160 This Little Light of Mine
- 162 Kum Bah-Ya (Come by Here)

For Use during Holy Communion:

- 110 You Hear the Lambs a-Cryin'

Songs Particularly Suited to the Theology of The Abundant Life Garden Project:

(for older children who read well or congregational use)

- 62 In Christ There is No East or West
- 156 Come to Me (Ye who are hard oppressed)
- 159 Lift Him Up
- 164 Do Lord, Remember Me
- 175 Nobody Knows the Trouble I've Seen
- 197 Leave it There
- 281 Prayer for Africa

Songs

Songs for Use with Water Module:

- 166 Grant Me a Blessing—refers to thirst
- 167 Even Me—refers to thirst
- 185 Blessed Quietness
- 201 I've Got Peace Like a River

Suggested Songs From *Voices Found*

Opening/Closing Songs

- # 52 Come, Great Creator—for soloist and congregational response

For Use with Younger Children:

- # 70 One Small Child

For Use with Litany of Thanks:

- # 52 Come, Great Creator (for soloist and group response)

Songs Particularly Suited to the Theology of The Abundant Life Garden Project:

(for older children who read well or congregational use)

- # 24 When, Like the Woman at the Well
- # 58 Spirit of God (You Moved Over the Waters)

Songs for Use with Water Module:

- # 67 Crashing Waters at Creation
- # 24 When, Like the Woman at the Well
- # 58 Spirit of God (You Moved Over the Waters)

Songs for Use with Seeds and Soil Modules:

- # 71 Mothering God
- # 72 Mothering God

Songs

Songs for Use with Harvest Module:

- # 33 The Grain is Ripe
- # 34 People, Look East
- # 74 O Wheat Whose Crushing was for Bread

Suggested Songs from *Wonder, Love and Praise*

Opening/Closing Songs:

- # 787 We are Marching in the Light of God—with English, Spanish and South African lyrics

Songs Particularly Suited to the Theology of The Abundant Life Garden Project:

(for older children who read well or congregational use)

- # 778 We All are One in Mission
- # 780 Lord, You Give the Great Commission
- # 784 Hallelujah! We Sing Your Praises! (Haleluya! Pelo tso rona!)—South Africa
- # 794 Muchos Resplandores (Many are the Light Beams)
- # 796 Unidos (Together)
- # 806 If You Believe and I Believe—Zimbabwean traditional song
- # 812 I, the Lord of Sea and Sky
- # 822 Through North and South

Songs for Use with Harvest:

- # 802 Cuando el Pobre Nada Tiene (When the Poor One Who Has Nothing)

Healthy Snacks

We encourage you to serve healthy snacks to children as part of this program. Please keep in mind that many children around the world do not have adequate nutrition, much less “junk food.”

We urge you to model appropriate stewardship of resources and healthy eating habits by serving simple, wholesome and nutritional food and drinks. Also, we urge to not to “over-buy” and purchase food you will not need that might end up going to waste.

Finally, please keep in mind that some children attending your program may be hungry themselves—for any number of reasons. If you sense this may be the case, please be prepared to discreetly send home extra snacks with those who might not be getting enough to eat.

Playtime

Good old-fashioned free playtime, preferably outdoors, is recommended as an added option for extended time programs, such as Vacation Bible School.

Please keep in mind that children in many parts of the world have few facilities or equipment with which to play. If children in your program have access to a basic playground or park, they will likely be very happy to just move around, make noise, get some fresh air and socialize without any organized activities.

Your parish could also offer simple, fun games (e.g., “Duck, Duck, Goose”) that require little or no special equipment; again, you will probably find that children will enjoy these low-maintenance activities.

Planting a Community Garden

Why Plant A Community Garden?

All of the images used as the focal points of this program are agricultural images, and there is no better teaching tool than a real garden or farm to allow children to appreciate the depth of these images. Even if you do not use an actual garden as part of this project, you might use the planning steps below as a metaphor for “growing” this project at your church, using the meditation at the end of this section.

Many of the images Jesus used in His own teaching were derived from agriculture. Christianity is, in large part, about growth—both individually and corporately. A community garden is a perfect project to both experience and demonstrate many of Jesus’ teachings and concepts.

On a more practical level, planting a garden is a life-giving project that will provide food for people in your community, including those who might desperately need nutritious vegetables but can’t afford or gain access to them. Growing food for others would be a meaningful and highly beneficial way of responding to this program. If possible, try to include the recipients of your produce in this project; one of Episcopal Relief & Development’s goals is to facilitate sustainability through community participation and “ownership” of initiatives.

If you intend to use this program as a Vacation Bible School or other extended time program, this activity would make an excellent segment to round out a day-long or half-day program. If your parish is located in an urban area or does not have land for a garden (or if you are undertaking this program at a time other than planting season), you might consider container gardening or some other form of indoor gardening. You might also plan a garden for another time of the year, or join with another parish or community that has land available for this project.

How to Get Started

Planting a community garden takes advance planning. You will need to think about these steps in preparing:

- 1) Choose vegetables or fruits to be planted, considering these factors:
 - » Needs of the community
 - » Soil type
 - » Sun or shade availability
 - » People and time available for work on the project

Planting a Community Garden

You will want to read information available on the seed packets themselves and online in preparation for planting your garden. Several online resources are listed at the end of this section.

2) Prepare Soil or Raised Garden Beds

- » Decide how large your plot will be and locate an exact site
- » Plow or till the soil (construct raised beds, if you use that option)
- » Add any needed nutrients (compost if available)
- » Provide protection from pests (e.g., groundhogs, moles, rabbits or snakes)

3) Care of Growing Plants

- » Decide who will take responsibility for watering seeds and seedlings after planting. Daily watering will likely be necessary
- » Inspect for weeds and undesirable insects
- » Weeding is also very important; know which plants are your growing crop and which are not. Weeding must be done carefully by hand

4) Harvest

- » Timing is crucial; crops should be picked at just the right time
- » Harvesters will be needed to pick and distribute crops
- » Make plans for excess crops, such as preserving, freezing or distributing

5) Plan for the Next Season

- » Till the soil so it will not become compacted prior to the next planting season
- » Amend soil with compost and sand, if necessary, to protect nutrients in the soil
- » Rotate crops for better soil health, or even let plot go fallow for a time, if used on a long-term basis

Online Resources

The American Community Gardening Association's website, www.communitygarden.org, contains a wealth of information on planting community gardens in a non-profit community setting, including involving children in gardening.

The University of Maine provides a fact sheet, "Food for ME" (<http://www.umext.maine.edu/onlinepubs/PDFpubs/4300.pdf>) with information on starting a community garden and recruiting volunteers.

Planting a Community Garden

The Helpful Gardener, www.helpfulgardener.com, includes information on planting a vegetable garden.

Organic Gardening magazine (www.organicgardening.com) has a wealth of information on organic vegetable gardening.

The Heirloomseeds.com website includes both planting schedules and germination tables for many varieties of seeds.

Meditation for Both Gardeners and Non-Gardeners in Preparing for this Project

As you prepare to offer The Abundant Life Garden Project to children and their families, please spend some time thinking about what you hope to accomplish, how you may want to spiritually prepare for this project and what support might be needed from your parish community.

Looking at the “How to Get Started” tips above, you might think about these questions:

- » What “crop” do you hope to produce in this project?
- » What “prepared environment” will you need for this project, and who will be the workers in this garden?
- » How will you make this project best suited to the “soil” you have to work with?
- » What will you need to do to get the seeds for this project? What care and maintenance will they need? What nutrients will your garden need?
- » How will the water of the Holy Spirit nourish your garden?
- » What weeds or pests might you anticipate, and how will you deal with them?
- » What will be your harvest, and how best might you distribute or preserve this harvest?
- » What will you do next to prepare your garden for the future?

Blessings on your garden! Please let us know how your garden grew by emailing us at er-d@er-d.org.

Share Save Spend

- » One billion people live on less than \$1 per day
- » 125,000 children in Africa die each month for lack of a \$12 mosquito net
- » The average American family spends \$500 per child on back-to-school expenses

Share Your Gifts

Want to be involved in the work and ministry of Episcopal Relief & Development? We welcome your participation!

There are many ways you can join in “healing a hurting world.” Children may share their allowances to help buy chickens, pigs, goats or cows to help families in many parts of the world become self-sufficient and successful farmers. At home, families might take steps to use less water and energy, practice recycling and pray for people in need.

We have lots of ideas to share. Visit www.er-d.org/GreatIdeas for suggestions on ways to participate in our work and ministries. You might sponsor a fundraising dinner or church coffee hour, hold a car wash, make a gift on behalf of your Abundant Life Garden Project group, or hold an Alternative Gift Market.

As a vital part of this program, we ask you to choose and plan a project through which participants can seek and serve others in Christ. Then, share your project with others. Email us at er-d@er-d.org and share your project stories and pictures with us. We may then share your great ideas on our website and blog.

Additional Options for Extended Programs

Stewardship is a central element of this curriculum. In exploring with children the concept of serving Christ in others, the question inevitably arises: “How do we serve others with our money?”

For further discussion resources and activities through which children might learn to share their monetary gifts with people in need, we recommend the *Share Save Spend* curriculum by Nathan Dungan. Visit www.sharesavespend.com for materials to help lead young people in discussions of stewardship and giving. The Share Save Spend Financial Sanity Kit is designed for young people ages 8-18 and includes materials for four one-hour sessions. A Money Sanity Solutions book and DVD is also available for families.

If you are using The Abundant Life Garden Project as a Vacation Bible School curriculum, these materials might be included as an added activity for four sessions, with Holy Eucharist or a meal taking place during the fifth session of your program time.