

**Choose a rug. Unroll it and place it on the floor.**

**Choose an item/symbol from the basket, and place it on the rug.**

**Place a candle on the rug, and ask a leader to light it for you.**

**Sit and make your body silent. Breathe slowly; rest.**

**Listen to God.**

**Look at the pictures.**

**Read an article.**

**You and God think together about what  
is happening.**

**Does this lead you to prayer, journaling,  
action?**

**Rake the sand and arrange the stones.**

**Be silent.**

**Listen.**

**Create an art prayer using any of the materials you find here.**

**Read the material provided.**

**Write your thoughts on the journal page.**

**Choose a book that interests you.**

**Read it and reflect.**

**If you are reading with someone else,  
use a quiet voice.**

## **Code of Values**

**We seek to be attentive to God's presence.**

**We seek peace and quiet so all can listen and work.**

**We learn about each other and seek to become friends.**

**We respect one another's differences.**

**We treat one another as we want to be treated.**

**We respect one another's space.**

**We may disagree sometimes, and that is okay.**

**We use our materials as they are meant to be used.**

**Cut out pictures and words about persons with special needs and about persons doing acts of kindness, mercy, and justice.**

**Add these to the collage we are creating on the wall.**

[WOC Leader: Reflection stations are different for Module 4, but signage remains the same for all four sessions. This PDF also includes the text for the posters for the Followers of Jesus reflection station, to which you may add your own pictures.]

**Many groups serve people in need. We have put information about some of these organizations in this station.**

**Learn as much as you can about the organizations. Find out what you can do to help them.**

**If you have ever participated with one of these groups, write what you did and your name on a sticky note and post it near the organization's poster.**

**Read the posters about followers of Jesus.**

**On a sticky note, write a prayer of thanksgiving for these people's lives and for what they did.**

**Stick your note near their poster.**

## Frank Laubach (1884-1970)

Frank Laubach was a missionary to the Philippines. His work took him to India and other countries where he met many people, including children, who could not read. Because they were poor, nothing was being done for them. Laubach invented a way to teach people to read that did not cost much money, and many people joined in the work. This program is known as “Each One Teach One.” It became an effective way for many to learn to read and therefore to enjoy a more complete life.

## Martin Luther King Jr. (1929–1968)

Until the 1960s African Americans who lived in certain parts of the United States did not have the same rights and privileges as other citizens. Many were denied access to the same education, health care, and decent homes as other people. In 1964 Congress passed the Civil Rights Act, making it illegal to separate people because of race, but some people still mistreated African Americans, and they would not accept them as equals.

Dr. Martin Luther King Jr., a Baptist minister in Georgia and Alabama, talked about his dream that one day all children would be treated the same, since they are all members of God’s family. He organized nonviolent demonstrations. When African Americans were denied entrance to good schools because of their race, Dr. King led people to march, sing, and pray for change. Often they were met with violence and arrest. Dr. King continued to lead people, although he was beaten and thrown into jail. He led his followers to practice the active love of Jesus. People and society changed because of Dr. King’s leadership.

## Rosa Parks (1913-2005)

Rosa Parks lived and worked in Montgomery, Alabama. During the 1950s African Americans were permitted to ride only at the back of buses. One day in 1955, as Mrs. Parks was coming home from work, she got on a crowded bus and sat at the back of the section for white people. She refused to move because she believed she had a right to sit there. She got into trouble for standing up for herself. But Rosa Parks's courage sparked a movement that led others to refuse to ride buses in Montgomery. This refusal, a boycott, awakened the whole country to the conditions and struggles of African Americans. The civil rights movement had begun.

## Cesar Chavez (1927-1993)

Until the middle of the twentieth century, many persons hired to work on farms had to work in miserable conditions. They labored for long hours at low pay without adequate food, water, housing, or medical treatment. Most of them were immigrants from other countries, especially Mexico and Central America. These workers were treated like slaves. They lived in very small, shabby houses and moved from place to place—wherever they were needed. They had no real home, so it was difficult for farmworkers' children to receive good medical care or education. Cesar Chavez realized that his faith in God was leading him to help make a better life for these farmworkers. He organized unions to call for justice, better working conditions, and fair wages. Because of his efforts, people who had been taken for granted began to have hope and a better life.

## Helen Keller (1880-1968)

In Helen Keller's time, blind people and people with other disabilities often missed out on much of life. For example, their special needs were not considered when buildings were designed or activities were planned. Helen Keller acted to change this situation.

Even though she was blind and deaf, Ms. Keller lived an amazing life. She became famous in the United States and around the world as a writer and speaker. Helen Keller worked on behalf of people with disabilities. Because of her efforts, many changes took place that allowed persons with disabilities to be treated more fairly. Helen Keller overcame great obstacles to help people with disabilities receive what God intended for all to have.

## Nelson Mandela (1918- )

For a long time the country of South Africa was divided into racial groups. One group of people, the smallest in number, ruled the land and made the other group, natives of South Africa, live and go to school in separate places. Even though the natives outnumbered the rulers of the country, they did not have much power. The South African government treated the natives unfairly. Among other injustices, the government would not allow natives to vote or to hold political office. Many people thought this was the way life was supposed to be.

Because of their faith in God, a group of natives thought differently. Nelson Mandela led a movement to obtain fair and just treatment for all people in South Africa. He was put in prison for opposing the rulers who divided the country. After many years he was released and continued in the struggle against a divided country. Finally, in 1994 an election was held, and Nelson Mandela was elected the first native president of South Africa.

## **Mother Teresa (1910-1997)**

**Mother Teresa was a tiny woman with a huge heart and a great vision. She was a nun who worked among the poor people in India. She reached out to the poorest of the poor, those who were very sick and left on the streets to die. Mother Teresa helped them and opened a clinic to give them medical care. She began the Missionaries of Charity, an organization dedicated to helping the poor and the sick. Mother Teresa did her work humbly and lovingly, empowered by God's love for all people.**

**Read the scriptures on the journal page.**

**Spend time listening to God.**

**Complete the journal page.**

**Look at the photos and read the information about our service project.**

**What is the prayer in your heart for these people?**

**What is your prayer for us as we serve?**

**Write your prayer on a sticky note and post it by the pictures.**

**Kneel at the station.**

**Read the prayer instructions.**

**Spend time in silence, listening to God.**

**Write a breath prayer to help you remember what you want to do and how you want to live this week.**

# **PRAYER**

**God, Jesus, Holy Spirit  
I love you. I honor you.**

**What do you want me to do this week?**

**Listen and write your breath prayer.**

**Jesus, help me \_\_\_\_\_.**

# Gazing

**World**

# Sand

# Journaling

**Art**

# Reading

**SHOES**

**Complete a journal page.**