

Class-based Worship

Week 3 – Dreaming

Idea One: Last piece of paper in the world

Follow the normal gathering routines for class-based worship.

Invite pupils to engage in a guided imagination below. You may wish to start with a relaxing or stilling exercise first (e.g. close your eyes, notice your breath as you breathe in 1-2-3, and out 1-2-3 etc.).

Once, long ago, in the desert land of Egypt, someone made the first ever piece of paper in the world. Imagine the inventor... gathering papyrus reeds... beating and drying them... and then looking at the paper... What would she write on it?... What message could she set down for all the people who would come after her?... No one knows just where the first piece of paper was made, or what was written on it.

(Pause)

Now just imagine that something happened, so that there was no more paper... something which meant that we couldn't find, or make, any more... Imagine all the world environment was so polluted that reeds, and wood pulp and trees were no more... and paper was impossible to make ever again... Just think how different life would be. (Pause)

And now imagine that the very last piece of plain paper is yours... to write on it whatever you want to... Picture yourself sitting quietly in front of a blank piece of paper... knowing it is the last sheet of blank paper in the world... and it is precious.

(Pause)

And imagine that you have the chance to write on this last piece of paper... the most important message there is...the words you really want to pass on to future generations of humans... that you would not want to be forgotten... The last piece of paper would be special, almost holy...and the words you write on it will be special too... What would you write? (Pause)

When you are ready, take a piece of paper (see 'old paper' attachment) and write on it the words you would write.

Invite pupils, if they would like to, to join in with this prayer for wisdom:

God, we all dream of a future where all can thrive

Grant us all wisdom in our decisions and actions, that we might each contribute to the common good

Amen

With grateful thanks to RE Today for permission to use the 'Last piece of paper in the world' reflective activity.

Rivett, R. (ed.) *Reflections: Strategies to support spiritual and moral development* (2nd edition) © RE Today Services 2004, www.retoday.org.uk



Idea Two: Examen

Follow the normal gathering routines for class-based worship.

Facilitate an 'examen' using the *Plug in and Play* resource (<https://www.stalbansdiocese.org/schools/collective-worship/plug-in-and-play/>). One especially created for the *God in this Place* resources can be found below.

Idea Three: Prayerful pebble painting

Follow the normal gathering routines for class-based worship.

Ask pupils what their dreams for a better world are: what would need to change? What are you hopeful for?

Invite pupils to paint/write their message on a pebble. Some examples of this can be found here:

<https://abramkj.com/2012/11/08/rocks-cry-out-on-the-day-of-prayer/>

<https://tinyurl.com/j25rsryj>

Close the act of class-based worship with an opportunity for pupils to offer their dreams to God.



PLUG-IN-AND-PLAY



Find a place to be still and silent: Ready yourself for reflection.

You might like to ask God to help you review your day so far.



Pause and be still: Think about the present.

Take some slow breaths.

What do you notice around you? What can you hear? What can you feel?



Rewind: Review your day so far.



What has made you happy so far today?

Did you, or someone else, say or do anything that made you feel good?

Spend a bit of time being thankful for these things; if you'd like to, thank God for these good things now.



Did anything make you sad so far today?

Perhaps something you, or someone else, did?

Whatever made you unhappy today, remember that you are precious to God and nothing ever changes that. Remember that God is with you, at this time, in this place. Is there anything you would like to leave with God and say sorry for?



Fast forward: Imagine the future.

Think about the rest of the day. Is there anything you need (e.g. courage, wisdom, patience) to live well?

Is there anything you would like God to help you with?

If you'd like to, talk to God about it now and ask God to be with you through your day.



Play: Resolve to live well for the rest of the day.

What has been the main thing you have taken away from your reflection? How has it helped you as you continue your day?