Small Group Ministry

Group Session Plan

**Create Your Tree**

*Note the supplies needed for Topic/Activity.*

Quotes in this session were taken from the Soul Matter Packet for January 2014, Beginnings

**Opening words**:

“We light this chalice to affirm that new light is ever waiting to break through to enlighten our way. That new truth is ever waiting to break through to illumine our minds. And that new love is ever waiting to break through to warm hearts. May we be open to this light and to the rich possibilities that it brings us.” Charles Howe

**Check in/Sharing:** How is it with you today?

**Quote to ponder: “**One is wise to cultivate the tree that bears fruit in our soul.” Henry David Thoreau

**Topic/Activity:** The activity is to create an illustration of a tree which nurtures your soul. This activity offers participants many art mediums with which to work. Have the work area ready for folks when they arrive with the tables covered with newspaper. Materials to consider are:

* Tempera paints, finger paints, craypas, water colors, markers, crayons, colored pencils, construction papers with scissors and glue.
* Paper for the backgrounds for the trees.
* Newspapers to cover the tables.
* Water source for painting and clean up
* Paper towels for cleanup
* Area for drying creations

**Questions to discuss before or during the work time:**

1. What does your soul need to be nurtured?
2. What type of tree could offer you the fruit you need to nurture your soul?
3. What do you need to do to cultivate this type of tree?
4. What gets in the way of your nurturing your tree?

Following the creation of the trees encourage people to share what they were thinking about as they created their tree. Have them explain their tree if they are willing. Why did they choose the particular art medium?

Find a place to put the trees as they dry. They might be put up as a church display…

**Check-out/Likes and wishes:** How did the session work for you?

**Closing Words:** “Let us go forth into the world through a door of hope for the future, remembering these words by Martin Luther King:

 “Even if I knew that tomorrow the world would go to pieces, I would still plant my apple tree.” Marjorie Newlin Leaming

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