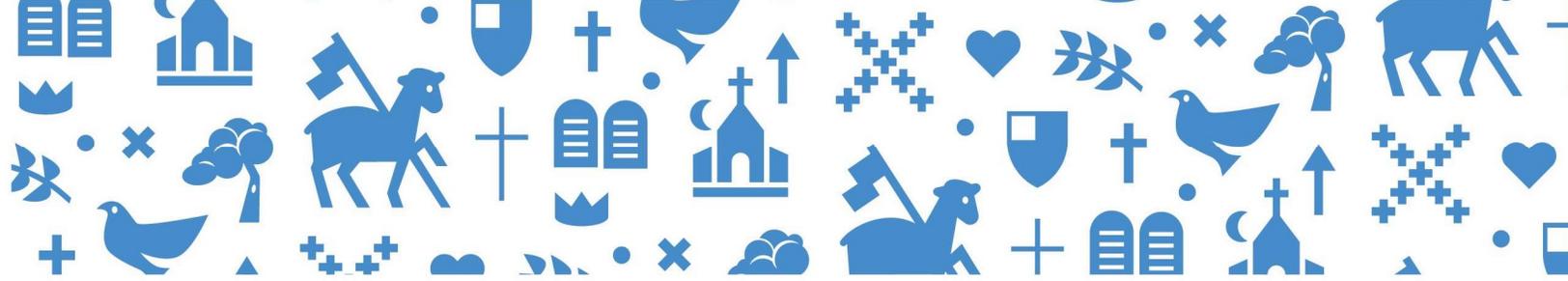


LittleBox *of*
Good News™
Faith Formation for *Families*

Parish BOX:

Peace

(English Version)



LittleBox^{of} GoodNews[™] | Cajita^{de} Buenas Nuevas[™]

Today is a good day!

You have chosen to equip your families with fun faith formation that they can do *together*.

You will receive the same version of the Peace Box that families receive so that you can understand the contents and better support them.

In the box, there are activities to help discover the following:

- What is peace?
- Peace within themselves
- Peace in their homes
- Peace in their family
- Peace in the community
- Peace in the world

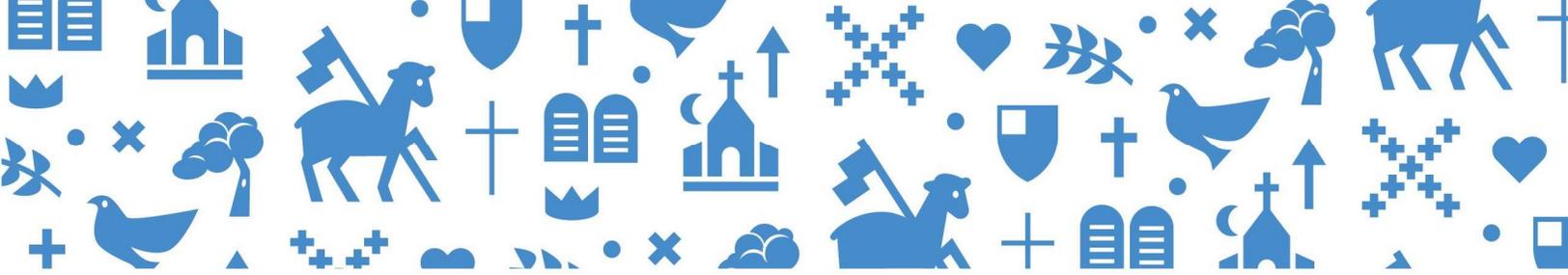
The Little Box of Good News[®] is a family-centered faith formation program created by the Episcopal Diocese of Louisiana. One goal is to assist parishes with bringing the Good News into homes and equipping parents and caregivers, who are the primary faith-builders in the family. Together, we are helping the next generation realize and embrace their identity as beloved children of God!



Grace Rose
Grant Manager

O: 504-895-6634 Ext. 408
C: 504-331-2693
edola.org

1623 Seventh St.,
New Orleans, LA 70115



Posters Enclosed:

Little Box of Good News®

This poster introduces families to the box and encourages them to subscribe. If your parish wants to sponsor boxes or provide a discount, there is space on the poster to include that information. *Please contact us to help you set it up!* littleboxofgoodnews@edola.org

Little Circle of Good News

Encourage your families to participate in your Little Circle of Good News gatherings or the contact person for your Little Circle.

See "Little Circle" section for more information.

Little Weekend of Good News

These will be regional gatherings of fun faith formation for the whole family, specifically building on what they are learning and doing with the Little Box of Good News®. Create anticipation and excitement for your families to attend the Little Weekend of Good News!

Online Resources:

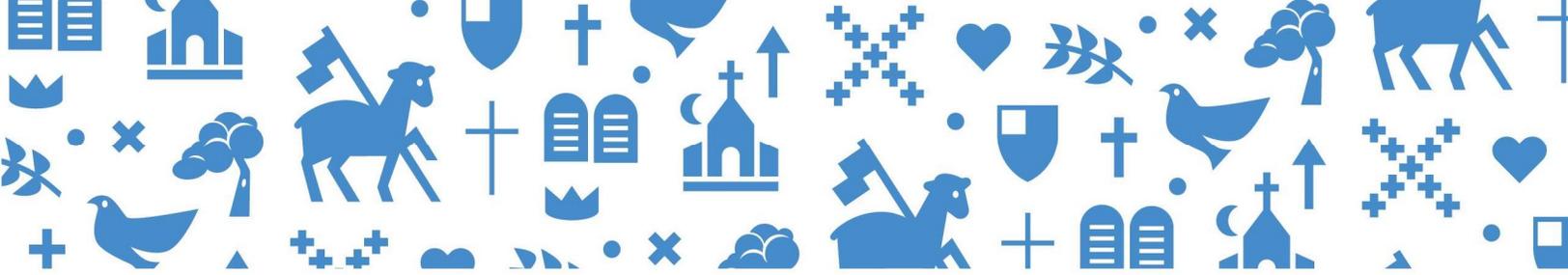
On the website, in the dropdown menu, choose "Resources." All supplemental activities for individual boxes are available to you as well as "Parish Resources." You will find digital copies of this document!

Links to the website, Little Podcast of Good News, Instagram, Facebook, and YouTube, can all be found on our linktree: <https://linktr.ee/LittleBoxofGoodNews>



How are parishes using the Little Box of Good News®?





Supplemental Resource for Families

Parishes are offering a coupon code and encouraging families to engage with the boxes as they see fit at home. These parishes are occasionally using one or two of the activities from the curriculum or additional resources in their congregation.

Primary Faith Formation Program

See the “Curriculum” section to learn how to use the boxes to structure your Sunday school and family formation.

Regular Gatherings of Families

Parishes are holding a Little Circle gathering monthly or quarterly. Some use a suggestion from the “Little Circle” section for an intergenerational learning event. Others are gathering more regularly and having the children do one of the lessons from the “Curriculum” section while the parents discuss deeper one of the topics within the box. In between gatherings, all families are completing the same activity in the box.

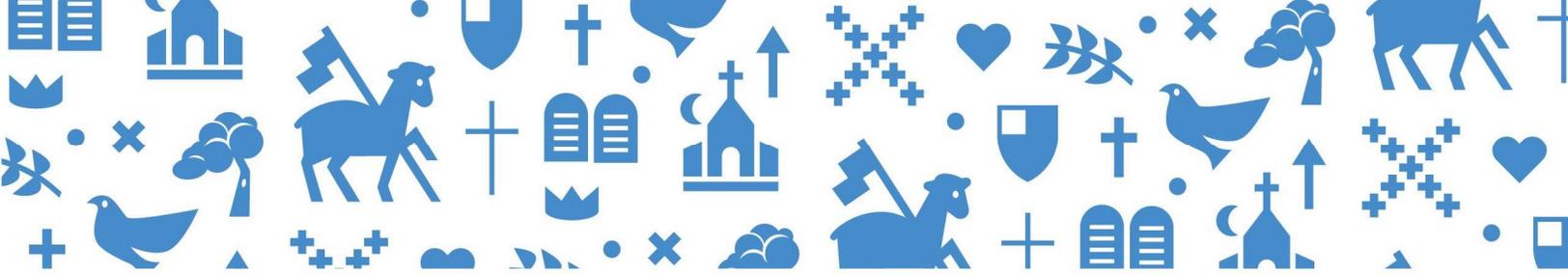
Whole Church Intergenerational Gatherings

Parishes are purchasing several subscriptions for their church to use. At one coffee hour per month, they are setting up the same activity on every table and having everyone work together to complete the activity. This is especially helpful in parishes that have only a few families.

Resource for Family-centered Sundays

Parishes are using the “Resources” in this guide to create a family-centered Sunday Eucharist regularly. There are sermon ideas, some additional Sunday School activities and Community Connection options that parishes can choose from to make a Sunday service special for the whole family, utilizing the themes of the Little Box of Good News®.





Planning Structure:

Once per month:

Youth/Family Centered Liturgy & Sermon

Little Circle of Good News gathering

Remainder of Sundays:

Children's Church/Sunday School

(We have included suggestions for 13 Sundays per box.)

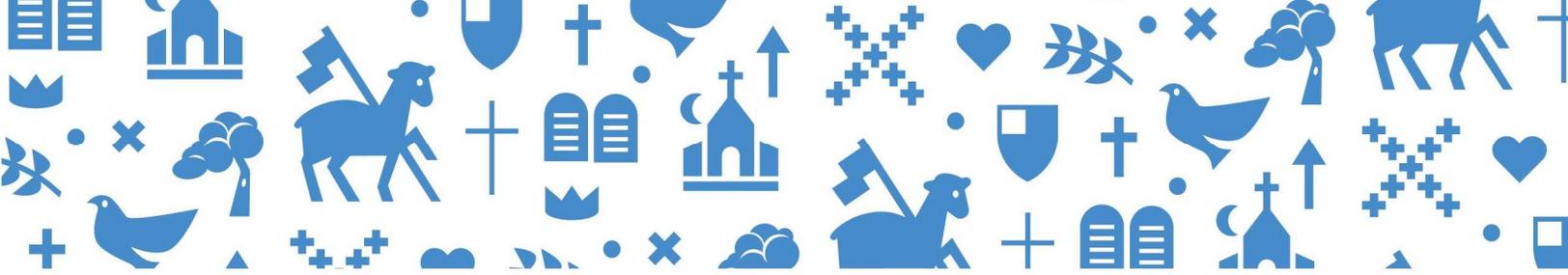
Supplies Needed:

Parish Box Subscription

Additional box subscriptions:

- For the families – we recommend that each family have a box at home.
- If you only have one or two families, we encourage you to get a couple of extra boxes for use at the parish events so that all parishioners can join in the activities together.
- *Grants are available for parishes who wish to offer this option but do not have the funds. Please contact the Little Box of Good News® team to learn more!*





Weekly suggested plan for Peace Box

Please adapt this and use it as it works best for your parish!

You can stretch/shrink any piece to fit your time frame. As written, it should take about 20 minutes.

Suggested supplies are italicized in red.

Structure of Lessons:

Opening Song



All songs can be found:

on the activity page of the LittleBoxofGoodNews.com website,
on our youtube channel (@LittleBoxofGoodNews)
and in your booklet (page 39).

Follow this QR code for quick access to the YouTube playlist.

Lesson

Follow the instructions on the following pages.

Activity

Follow the instructions on the following pages.

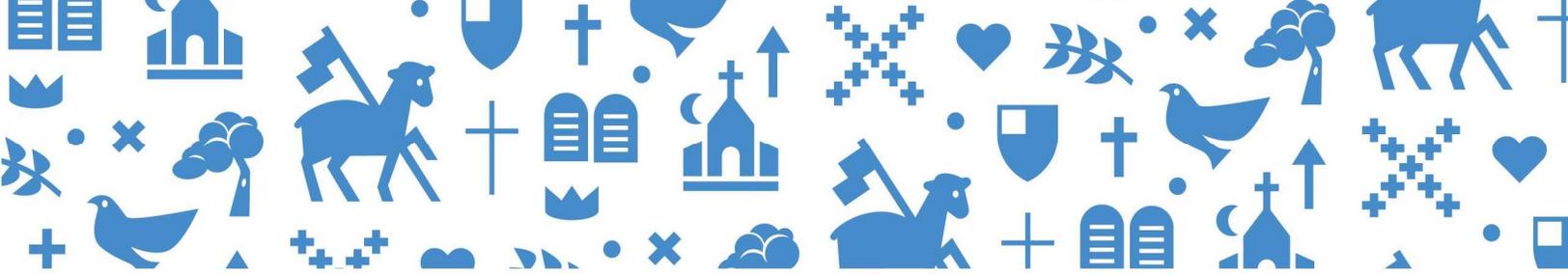
Go Deeper

These directions allow for further exploration or lengthening of the lesson.

Closing Prayer

Use the Family Prayer tear pad from the Prayer Box to create a prayer together. Have a child read it as the closing prayer.
(If you run out of pages, you can print more from the Prayer Box Activity Page on the website.)





Week 1 What is Peace? Noah's Ark

Opening Song Choose a song from the Little Box of Good News Youtube channel:



Lesson Retell the story of Noah's Ark. You can use your own memory, a story bible, a children's storybook, the classic children's song (Rise and Shine) or any other tools. Make it fun and engaging.
Be sure to include both the dove and the rainbow at the end!
Explain: *The dove brought back an olive branch. This showed Noah that the great flood was ending and there would be land again and peace. Once the flood was completely over, God sent a rainbow as another sign of peace.*
Ask: *What does peace feel like to you?*
Read page 8 in your booklet.

Activity Make a rainbow!
Note: There are so many fun ways to make a rainbow. We are listing just one of those ways. However, if you do not have the materials, you can simply give your students *blank paper* and *drawing supplies (markers, crayons, colored pencils, etc.)* and let them create rainbows.

Windcatcher Rainbows

Supplies needed:

Paper plates – cut in half

Cotton balls

Glue or tape

Colored streamers, strips of colored paper or strips of colored tissue paper

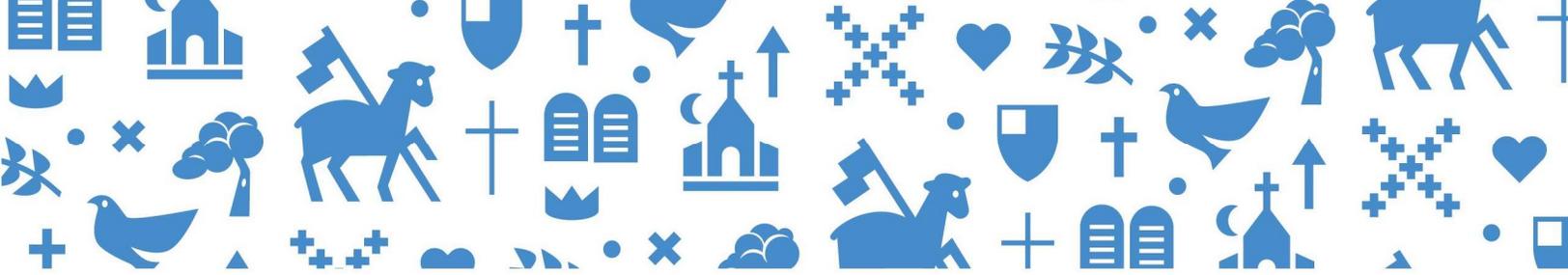
– cut to about 2x12 inch strips

1. Each child needs a half plate and multiple strips of different colors.
2. Glue or tape one end of each strip to the straight side of the half plate.
3. Pull apart and glue cotton balls to the plate. (It becomes a cloud!)
4. Punch a hole and tie a string to the top of the cloud for the children to hang it.

Go Deeper Invite the children to write what brings them peace on the strips of paper or on the cloud.

Closing Prayer Use the Family Prayer tear pad from the Prayer Box to create a prayer together. Have a child read it as the closing prayer.





Week 3 Prep for Little Circle Sunday

Opening Song Choose a song from the Little Box of Good News Youtube channel:



Lesson Explain that next week will be a Little Circle Sunday. This means that the focus will be on families and kids participating in the liturgy. Explain the roles in your church that they can do. Here are some examples, but you will want to specify with your priest what roles the kids can do:

Greeters - hand out the bulletins at the door and welcome people

Readers - read one of the readings or the prayers of the people

Ushers - bring up the gifts of bread and wine

Ushers - collect the offertory and bring it up

Ushers - let people know when it is their turn for communion

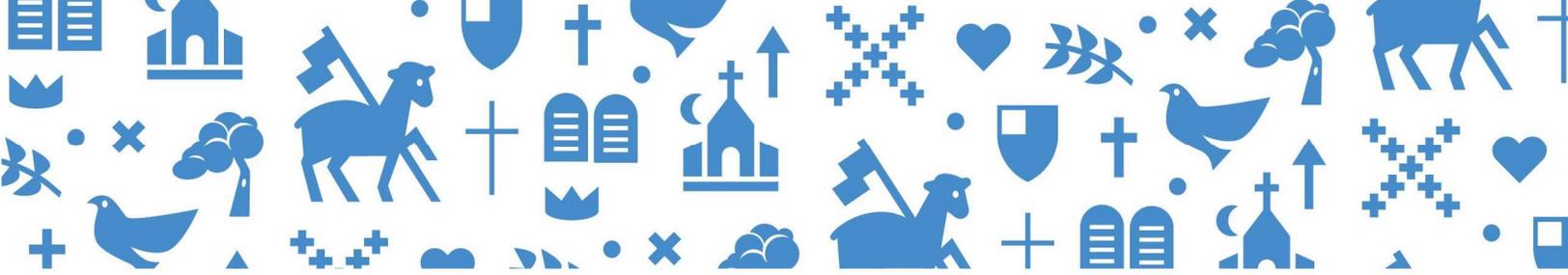
Acolytes - serve at the altar

Activity Have the kids choose and practice for their roles for the following week. *Prepare readings and responsibilities needed for the following week.*

Go Deeper If you have older kids/teens, have them read through the set of readings and discuss what they would want to say for a sermon. They can present these ideas to the priest.

Closing Prayer Use the Family Prayer tear pad from the Prayer Box to create a prayer together. Have a child read it as the closing prayer.





Week 4

Little Circle Sunday

No Children's Church or Sunday School.

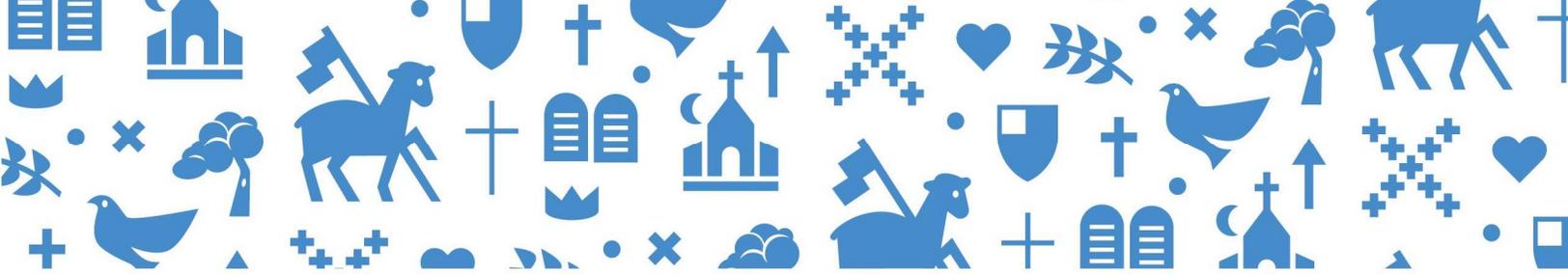
Have children participate in liturgy.

Give a child-friendly sermon.

Use the Little Box of Good News songs by Fr. Ron Clingenpeel.

Plan a Little Circle of Good News gathering after church. See additional pages (under the Little Circle tab) for suggested topics, ideas and planning guides for your Little Circle.





Week 5 Peace in Your Body

Opening Song

Choose a song from the Little Box of Good News Youtube channel:



Lesson

Sometimes our minds feel really busy or our bodies feel jumpy for all sorts of reasons. God wants us to feel peace inside our minds, hearts and in our bodies. In order to get peace, we have to know how our body is feeling.

Activity

Lay the *feelings cards* on the next page in front of the children. (You can copy them onto colored cardstock to be able to reuse them!)

Then place the cards around the room.

Say: *How does your body feel right now? Move to that card.*

Example to share: *If my body feels tired, I might crawl to the "tired" card.*

Allow children to name and share their feelings and emotions.

Say: *How does your mind and heart feel right now? Move to that card.*

Example to share: *If my mind is feeling wild and I can't focus on anything, I might jump to the "wild" card.*

Allow children to name and share their feelings and emotions.

Say: *When we know how we feel, then we can ask God to give us peace!*

Invite children to gather again together in a circle.

Say: Get in a comfortable position. We are going to breathe in slowly and then breathe out gently. When I say, "God is with me," breathe in slowly. When I say, "God gives me peace," breathe out.

Repeat this exercise a few times.

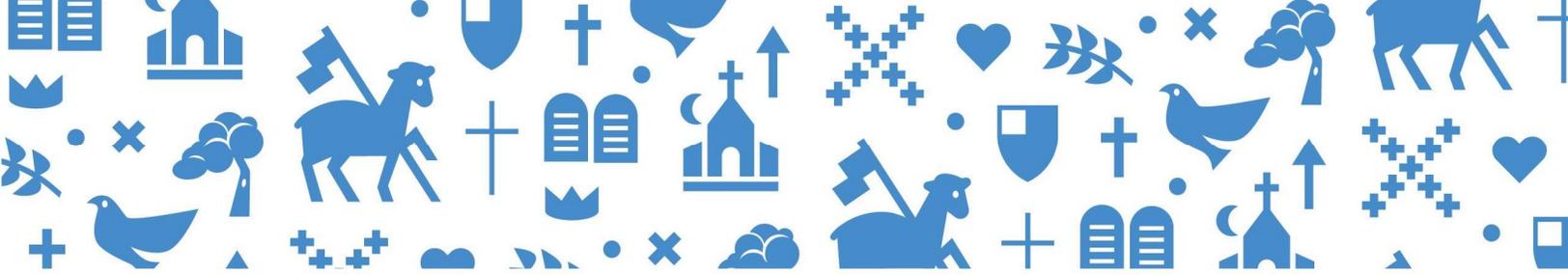
Go Deeper

Encourage students to complete the "Peace in Yourself" activity at home with their family.

Closing Prayer

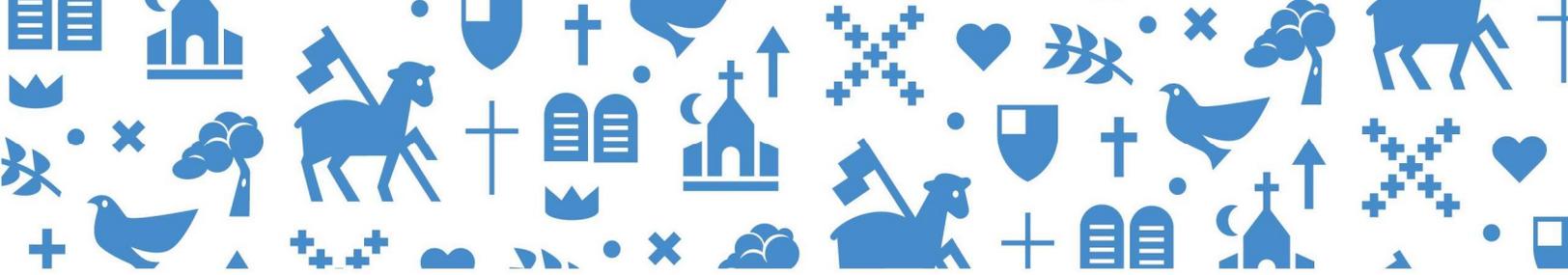
Use the Family Prayer tear pad from the Prayer Box to create a prayer together. Have a child read it as the closing prayer.





Calm	Wild	Happy
Tired	Sad	Angry
Silly	Worried	Disgust
Joy	Bored	Shy
Surprised	Excited	Loving
Jealous	Frustrated	Awkward
Focused	Content	Proud





Week 7 Jesus Calms the Storm

Opening Song

Choose a song from the Little Box of Good News Youtube channel:



Lesson

Ask: *Does anyone remember what we talked about last week? About sharing peace? Allow for responses.*

Ask: *Did anyone have a chance to share peace in your home? Can you tell us about it? What was it like? Who needed peace? Why?*

Encourage further response. Bring the discussion to the fact that sometimes there is not peace in ourselves or our family.

Activity

Have all of the children sit in a circle on the floor.

Say: *I want you to help me tell a story about Jesus and his friends.*

Choose one person to be Jesus. Everyone else is a friend. Using the script on the next page, tell the story of Jesus calming the storm.

Ask: *I wonder what it felt like to be Jesus' friends?*

I wonder what it felt like to be Jesus?

I wonder if you have ever been in situation that made you scared?

Read page 24 and the top of page 25 in your Peace booklet.

Invite students to share about their own experiences of being scared and finding peace in their family or Jesus.

Go Deeper

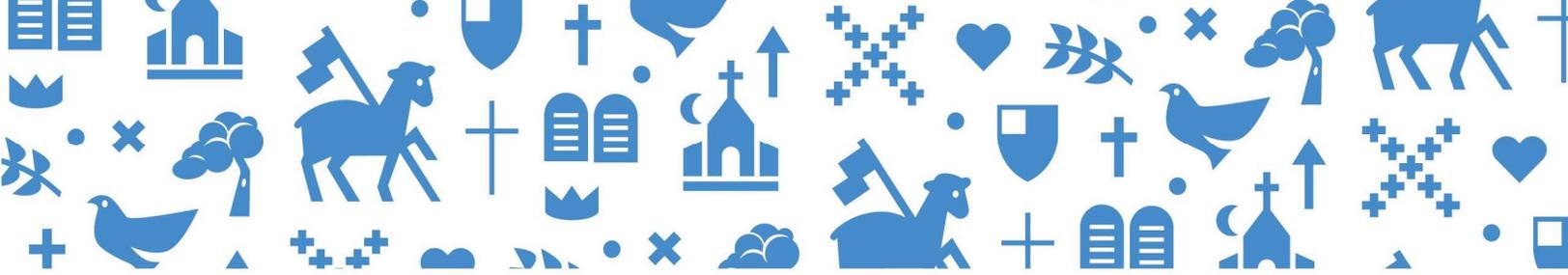
If time allows, you can use a rain stick to recreate the story and let different children take turns being Jesus.

Encourage them to do the activity with their families and practice calming the storm.

Closing Prayer

Use the Family Prayer tear pad from the Prayer Box to create a prayer together. Have a child read it as the closing prayer.





Week 8 Prep for Little Circle Sunday

Opening Song Choose a song from the Little Box of Good News Youtube channel:



Lesson Explain that next week will be a Little Circle Sunday. This means that the focus will be on families and kids participating in the liturgy. Explain the roles in your church that they can do. Here are some examples, but you will want to specify with your priest what roles the kids can do:

Greeters - hand out the bulletins at the door and welcome people

Readers - read one of the readings or the prayers of the people

Ushers - bring up the gifts of bread and wine

Ushers - collect the offertory and bring it up

Ushers - let people know when it is their turn for communion

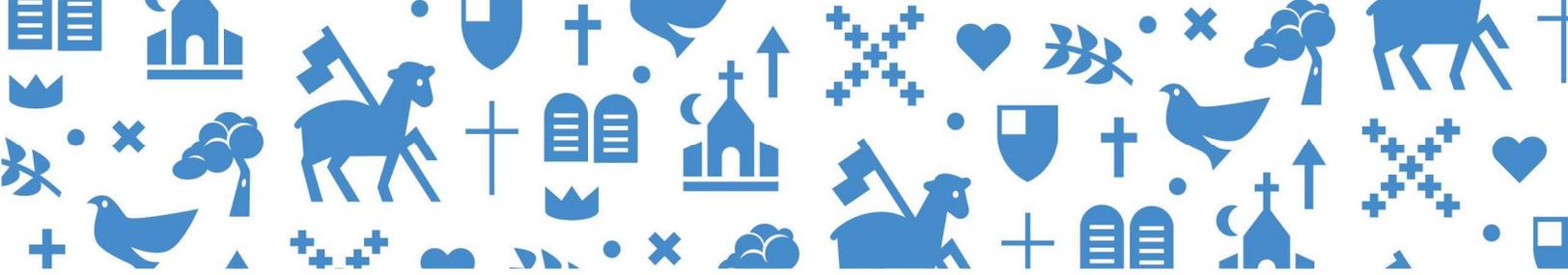
Acolytes - serve at the altar

Activity Have the kids choose and practice for their roles for the following week. *Prepare **readings and responsibilities** needed for the following week.*

Go Deeper If you have older kids/teens, have them read through the set of readings and discuss what they would want to say for a sermon. They can present these ideas to the priest.

Closing Prayer Use the Family Prayer tear pad from the Prayer Box to create a prayer together. Have a child read it as the closing prayer.





Week 9

Little Circle Sunday

No Children's Church or Sunday School.

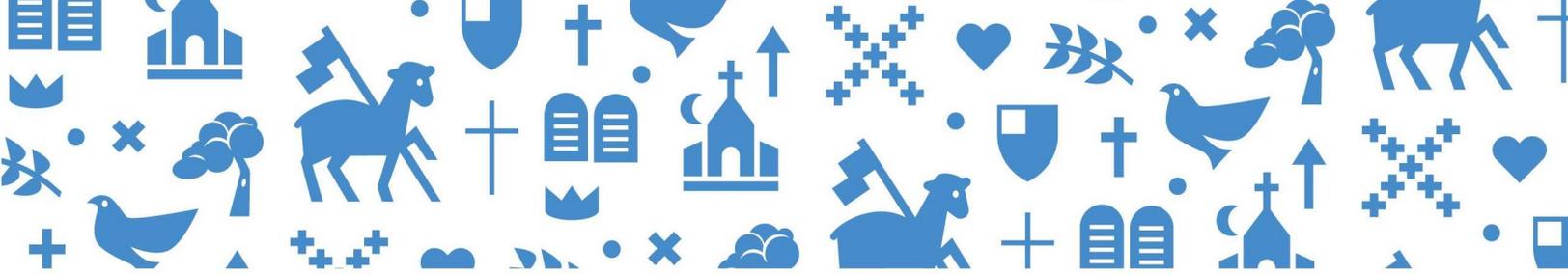
Have children participate in liturgy.

Give a child-friendly sermon. (See "Sermon ideas" for topics related to the Scripture Box.)

Use the Little Box of Good News songs by Fr. Ron Clingenpeel.

Plan a Little Circle of Good News gathering after church. See additional pages (under the Little Circle tab) for suggested topics, ideas and planning guides for your Little Circle.





Week 10

Saints of Peace

Opening Song

Choose a song from the Little Box of Good News Youtube channel:



Lesson

Use the Saints of Peace fold-out in your Peace Box to teach about saints.

Activity

Ask: What is a saint?

Allow for a variety of answers, but the goal is to agree that a saint is a holy person whose life reflects the teachings of Jesus. This person does not need to be an Episcopalian or even a Christian. They are someone who shows us what it is like to live a life full of God's love.

Show the students the saints of peace fold-out and talk about each one.

Note: If you have time before, you can prepare by doing your own research on some of these saints. Feel free to choose one or two to really highlight. For example, you might want to share a clip from a Mr. Roger's episode or show a story about Ruby Bridges. Many of these modern people have had books written about them at the library.

Ask: Do you know of anyone else who is a saint of peace? Is there anyone in our community whose life reflects God's love?

Allow for the students to share their reflections.

Provide *blank copies of the following page* (or just *blank paper*) and *drawing supplies (markers, crayons, colored pencils, etc.)* for use.

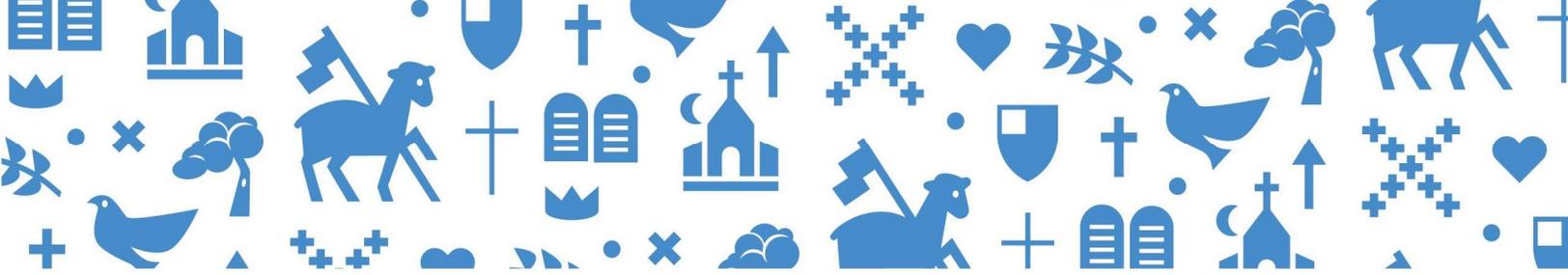
Go Deeper

Invite students to explore some of these saints in more detail and present their findings next week.

Closing Prayer

Use the Family Prayer tear pad from the Prayer Box to create a prayer together. Have a child read it as the closing prayer.





Week 11

Bringing Peace to the World

Opening Song

Choose a song from the Little Box of Good News Youtube channel:



Lesson

Our church can share peace with the world.
Read page 35, Peace in the World, in the Peace Booklet.

Activity

Ask: Where and when have you noticed people being treated unfairly? How does it make you feel?

Provide a *list of the outreach ministries at your church*. Review them with your students.

Ask: Do any of these help fix the problems that you named? What problems do they solve? Who do they help?

Encourage a discussion about the ministries and what they do.

Ask: What would you like to do? Should we as a class help one of these ministries? Should we do something else?

Create a plan with students to put their desire for peace into action. (Examples: Plan a sock drive to give socks out in the winter to a homeless shelter. Write welcome notes for the welcoming committee to add to their parish welcome bags.)

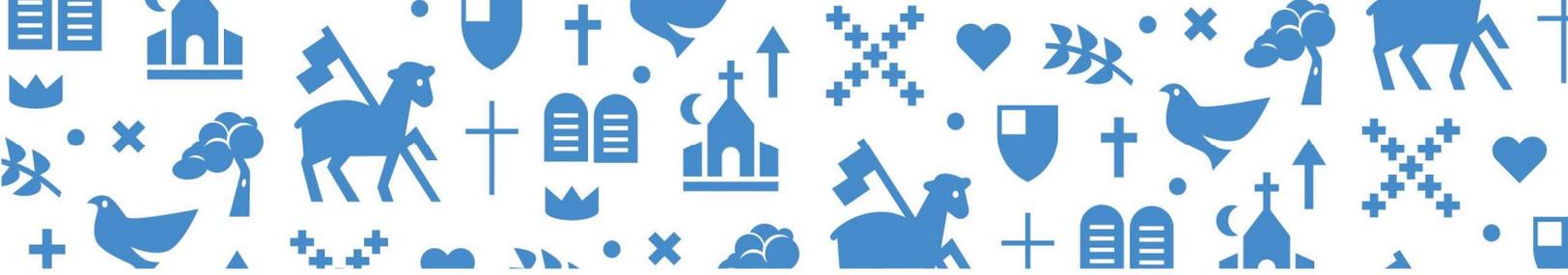
Go Deeper

If appropriate, talk to your church leaders about this activity. Try to include whatever project they chose into your next Little Circle Sunday so that the children can see the fruits of their labors and understand that they are part of the church!

Closing Prayer

Use the Family Prayer tear pad from the Prayer Box to create a prayer together. Have a child read it as the closing prayer.

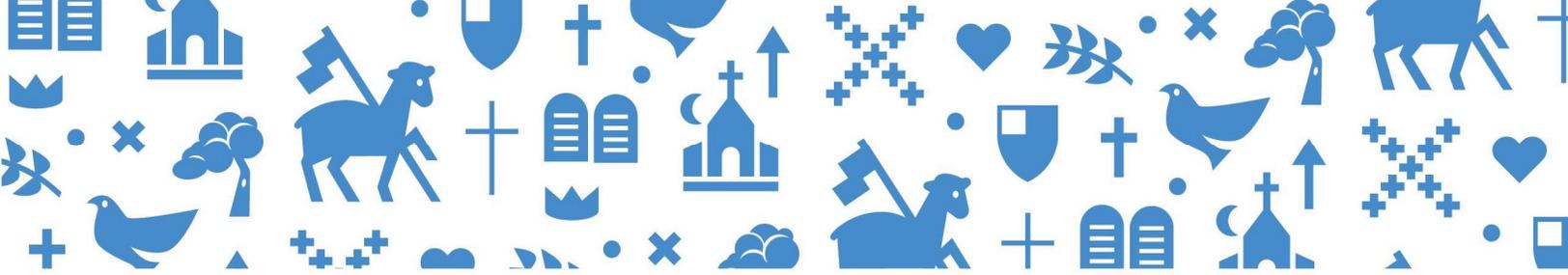




Week 12 Prep for Little Circle Sunday

- Opening Song** Choose a song from the Little Box of Good News Youtube channel:
- Lesson** Explain that next week will be a Little Circle Sunday. This means that the focus will be on families and kids participating in the liturgy. Explain the roles in your church that they can do. Here are some examples, but you will want to specify with your priest what roles the kids can do:
- Greeters - hand out the bulletins at the door and welcome people
 - Readers - read one of the readings or the prayers of the people
 - Ushers - bring up the gifts of bread and wine
 - Ushers - collect the offertory and bring it up
 - Ushers - let people know when it is their turn for communion
 - Acolytes - serve at the altar
- Activity** Have the kids choose and practice for their roles for the following week. *Prepare **readings and responsibilities** needed for the following week.*
- Go Deeper** If you have older kids/teens, have them read through the set of readings and discuss what they would want to say for a sermon. They can present these ideas to the priest.
- Closing Prayer** Use the Family Prayer tear pad from the Prayer Box to create a prayer together. Have a child read it as the closing prayer.





Week 13

Little Circle Sunday

No Children's Church or Sunday School.

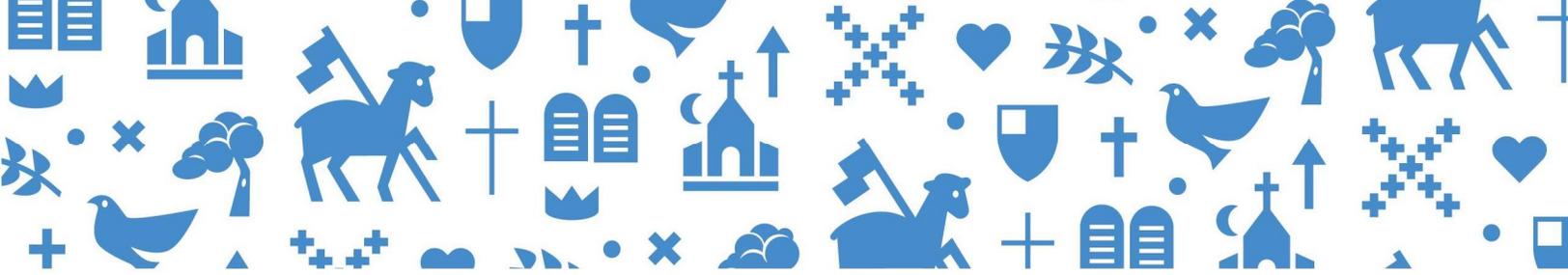
Have children participate in liturgy.

Give a child-friendly sermon.

Use the Little Box of Good News songs by Fr. Ron Clingenpeel.

Plan a Little Circle of Good News gathering after church. See additional pages (under the Little Circle tab) for suggested topics, ideas and planning guides for your Little Circle.





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What is a Little Circle of Good News?

A Little Circle of Good News is a gathering of families who all receive and are using the Little Box of Good News®. It helps families connect with each other and their local Episcopal Church.

Are you already registered as a Little Circle of Good News?

Use the included poster to share your upcoming gatherings.

Be sure to let us know if you have any updates to your listing (or if you do not see it on our website!). You can reach us at littleboxofgoodnews@edola.org.

Parishes using Little Box of Good News® as your primary faith formation:

Little Circle Sundays are written into the curriculum once a month as an intergenerational experience for your whole congregation. Please let us know if you need any assistance in getting these started.

Check the website map to make sure that your parish is listed!

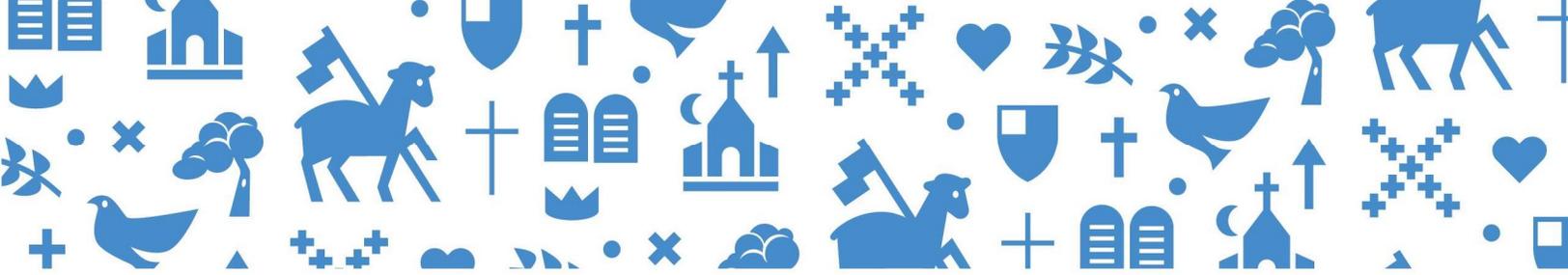
Are you ready to start a Little Circle of Good News?

To host a Little Circle of Good News, a church needs:

- Parish Support
 - Subscribe to get a Little Box of Good News parish version.
This will include the same elements as the family version, but with additional resources for you as a church.
 - Include the Little Circle of Good News as one of your parish ministries.
 - Include in updates and announcements
 - Provide space for gatherings (and food, if possible)

- Priest Support





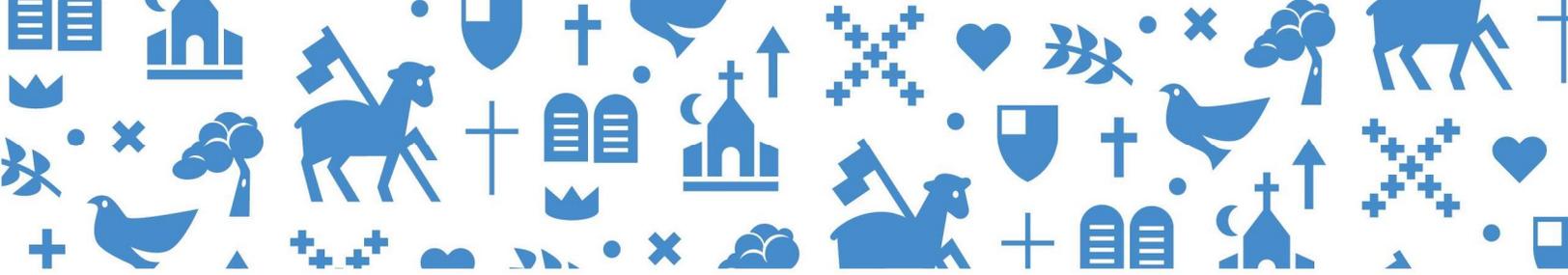
Little Circle of Good News Gathering Ideas

(individual planning guides follow this summary)

- Putting Peace into Action** One saint of peace not listed in this box is Rev. Dr. Martin Luther King, Jr. In honor of MLK's legacy, there are often opportunities on MLK Day to participate in a day of service. Your parish could host this event for your community. Start small! Choose just one or two needs that you can come together to solve.
- Faith Family Fun: Peace Mural** Gather for a meal in your parish hall. Have a large piece of butcher/banner paper and decorating supplies (markers, crayons, glitter, colored pencils, etc.). As you share a meal, talk about what peace means to you. Invite each person to add something to the mural that reminds them of peace – or a prayer for peace. Your parish should hang it where you can celebrate your vision for peace.
- Going Deeper Dinner** Host a dinner, potluck, or coffee hour where families can share about what they discovered when they did the “Going Deeper” sections of the booklet.
- Workshopping Wonder** Have a time for parents to get together while the children play. Encourage parents to share the wonder questions and responses from their children and assist each other with tricky questions.
- Peace Walk** Gather in a park or nature area. Begin by having everyone decorate (using paint or markers) “kindness stones.” Kindness stones are smooth small rocks that have positive messages painted on them. While they dry, the group can share a picnic meal or snack. Then, take a nature walk/hike together as a community. Along the way, everyone can place their kindness stones for others to find in the future.

Remember, this is YOUR parish's little circle. There is no right or wrong way to gather!





Little Circle of Good News Gathering Idea

Putting Peace into Action One saint of peace not listed in this box is Rev. Dr. Martin Luther King, Jr. In honor of MLK's legacy, there are often opportunities on MLK Day to participate in a day of service. Your parish could host this event for your community. Start small! Choose just one or two needs that you can come together to solve.

Action Plan:

Date for Event: _____

Service needs in the community: _____

Supplies Needed: _____

Who will get supplies: _____

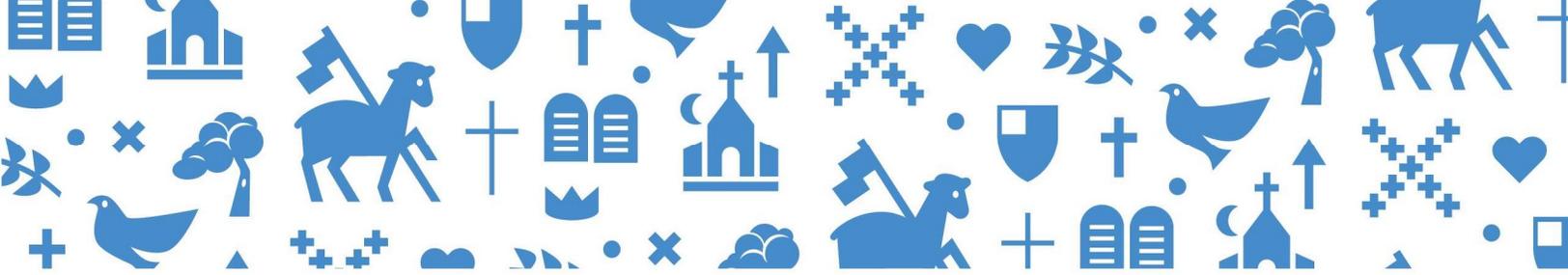
Who will lead each service: _____

What refreshments will parish provide? _____

Who will provide them: _____

Who will clean up: _____





Little Circle of Good News Gathering Idea

Peace Walk

Gather in a park or nature area. Begin by having everyone decorate (using paint or markers) “kindness stones.” Kindness stones are smooth small rocks that have positive messages painted on them. While they dry, the group can share a picnic meal or snack. Then, take a nature walk/hike together as a community. Along the way, everyone can place their kindness stones for others to find in the future.

Action Plan:

Date for Event:

Location of event:

Supplies Needed:

Who will get supplies:

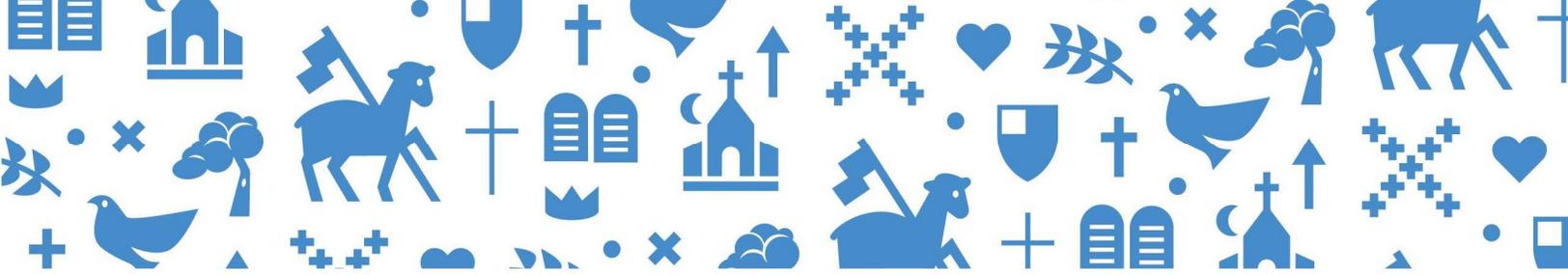
Who will lead activity:

What refreshments will parish provide?

Who will provide them:

Who will clean up:





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Sermon Ideas:

Peace as an action. (The Good Samaritan)

Peace begins in ourselves and our homes. When we say I'm sorry and I forgive you, we share peace.

The progression of peace in the liturgy. We confess our sins and receive God's peace and forgiveness. Then, we share this peace with each other in the sign of peace. We then enter into communion with each other and the saints in heaven when we receive the Eucharist. Finally, fully equipped, we are sent into the world to "go in peace to love and serve the Lord."

Music:

We encourage churches to use the Little Box of Good News™ music!

For licensing permissions, contact Bishopmusic, at admin@bishopmusic.net. Copyright ©Ronald Clingenpeel, ASCAP 2024. *Fr. Ron has already assured us that all parishes will be given permission, but please still contact him!*

Bulletin Insert:

Did you know that our diocese has a tool to help you have faith conversations as a family? All families are invited to receive the Little Box of Good News®! To subscribe or purchase a box, go to littleboxofgoodnews.com. Our parish discount code is _____.

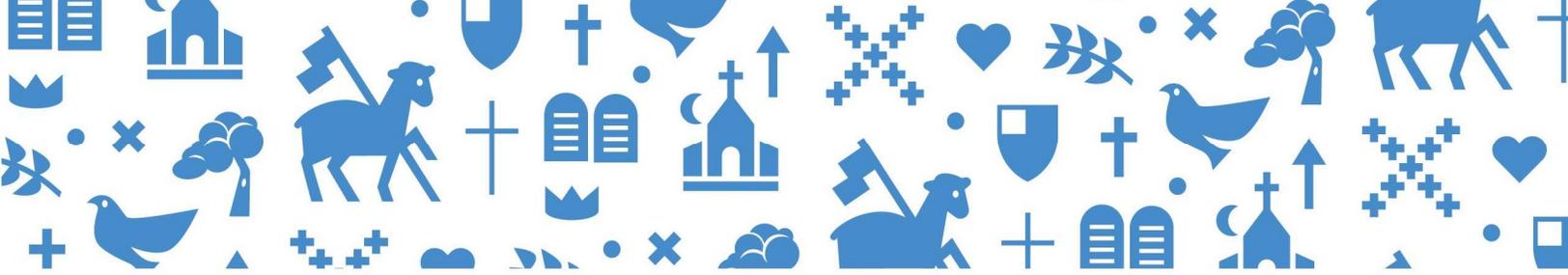
For all of the Little Box of Good News® resources
(Website, Podcast, Instagram, Facebook, Youtube) visit:



Please reach out to us at littleboxofgoodnews@edola.org to prepay for a discount code for families!

Weekly bulletin tips for families can be copied from our weekly email newsletter!





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Need help? Contact us!

Grace Rose

grose@edola.org

- Curriculum development
- Designing your program
- Adapting to your space
- Little Circle of Good News

Admin Team (Deanna, Jessica, Noah)

littleboxofgoodnews@edola.org

- Ordering, Payments & Coupon Codes
- Scheduling a visit
- Website issues

Lauren Dunn

ldunn@edola.org

- Podcast ideas
- Faith formation for middle and high schoolers
- Youth Ministry & Young Adult Ministry
- Safe Environment

Emmy Murray

tech@edola.org

- Social Media

