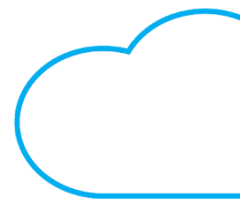




# AT HOME

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with Cathedral for Kids!



## FELLOWSHIP IN FAITH WITH KATE + ACTIVITIES FOR ALL AGES

June 14, 2020

Following Cathedral for Kids Online, we go directly into *Fellowship in Faith with Kate*. We'll have interactive crafts, activities, and check-ins...make sure you have a joke to share this week with us!

This week, Activity One is tied to our lectionary reading and is good for kids of all ages. Activity Two is part of our special Seedlings Sundays activities, which we will be sharing the whole month of June. These activities are designed specifically to get you out of the house, and this week, we will be thinking together about where our food comes from. This activity can be used with kids of all ages, but is best for school age children.

### Activity One: Great Harvest Art

*In this week's story, Jesus tells the disciples that many hands are needed to bring in God's harvest, and he asks the disciples to be helpers. Having help makes most things easier! Having help can also make things more creative and bring new ideas, and God loves to include us in helping to bring the Good News to everyone. Try a collaborative art project this week to see how more hands and more creative brains might bring new life to your art!*

#### **Materials Needed:**

- Get really creative with your supplies this week. Can you create art on old boxes, in your backyard, or on some other unique surface? Paper always does the trick too.



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- What kind of unusual art supplies do you have at home? Ditch the crayons this week and see how you can use materials like flowers, food coloring, or even dirt in a new way.
- Get partners to help you and work together to imagine what your harvest art can be like!

### **How to Make It:**

- Build a collaborative piece of art that reminds you of God's Great Harvest.
- More than anything - there are no rules in this project. The goal is to see how working collaboratively can create a new "harvest" that you'd never think to do alone.
- This may be messy. It may be kooky. It should be fun!
- Working collaboratively can be difficult sometimes too. Practice letting each person take turns sharing ideas. You may assign a leader or creative director. You may take turns being creative director. You make work so seamlessly no clear director is needed!

We can't wait to see what kind of creative collaboration you come up with for your harvest! Send [Kate](#) any photos to share your work.

## **Seedlings Sunday: Tracking Your Harvest**

*Harvest is not just a metaphor - the food we eat every day was harvested somewhere on a real farm. Do you ever wonder where that farm is or what it is like? Maybe you wonder about who picked your fruit or drove your eggs to grocery store? Maybe you've heard grown-ups talk about "buying local" or "eating local." Why do you think that is helpful for the environment? What about your local community?*

### **Resources Needed:**

- 1 fresh item from your kitchen- like a piece of produce or an egg

### **How to Play:**

1. *Where does this food come from? Is it grown on a farm? Did it come from an animal? Where do you think that place might have been located?*
2. *How far do you think this item traveled to get to where you purchased it? Look at the packaging! Sometimes it tells you. If your packaging doesn't help, you can make an educated guess.*
3. *With a grown up's help, use google maps or another map to help you determine how many miles from that location to your home.*



4. *Most food travels to stores on a big truck. The average mile per gallon for trucks like this is 4-8 MPG. For this exercise let's split the difference and say 6 MPG. Multiply 6 by the miles from original location to your home. This isn't perfect math since you probably didn't drive a big truck to the store, but it's a good start. How many gallons of gas did it take to bring your food item home?*
5. *Of course, we don't use big trucks for just one potato or just one egg. There is a lot of food sharing that gas. But it's still a lot of gasoline, isn't it? The gas that powers trucks is just one of many resources used to bring food from big farms far away to our homes here.*
6. *People talk a lot about "buying local" or "farm to table" food. Knowing where our food comes from is a helpful way to think about how many resources we are using to eat. Finding food more locally is a wonderful way to support our neighbor while reducing the resources we use to get our food. It's not easy to do this, but it can be fun to brainstorm together about changes you could make as a family! Try these: Where are some places you can think of to buy food locally near you? Is there a farmers market in your town? What about a CSA (community supported agriculture)? What kinds of food might you be able to grow at home?*

