



## WELLSHIRE FAMILIES NEWSLETTER



### BREATH PRAYER

Get all your wiggles out, then sit in an upright, attentive way that opens your heart. Place hands in your lap.

Gently close your eyes and think of a name for God, a phrase from scripture, or a characteristic for God like, love, peace, friend, protector, etc. to repeat in one breath.

For example, on the inhale, think or say "Holy

Spirit." Then exhale slowly.

If you think of a phrase, say one part on the inhale and one part on the exhale. For example, on the inhale, think or say "When I am afraid." Then, on the exhale, think or say "I will trust you." Repeating breath prayers is a meditative practice that can be done with children of almost any age.

### FAITH CONVERSATION

This month we learn about the Holy Spirit (see page 2).

- Go outside and fly a kite or blow bubbles. Talk about the connection between the Spirit and the wind.
  - \* Though we cannot see the wind, we see the effect of the wind as it props up the kite (or bubbles) and helps it to fly.
  - \* The same is true with the Spirit: we cannot see the Spirit, yet we see evidence of the Spirit's work and movement among us as we help others in need, as others help us, as we pray, and as we worship.
- Read Galatians 5:22 and talk with your children about where you see the fruits of the spirit displayed in their lives, and where they see the fruits of the spirit exhibited in your life.

### MARK YOUR CALENDAR

May 3	Club 45 (4:00—5:00 on Zoom)
May 7	Kids' Book Club
May 17	Club 45 (4:00—5:00 on Zoom)
May 31	5th graders graduate to Youth Group Pentecost
June 1	Wellshire Family Garden Club starts
Summer 2020	Vacation Bible School (Modified. Details to follow.)

## **FAMILY/PARENTING RESOURCES—THE HOLY SPIRIT**

Pentecost is the day Christians remember when the Holy Spirit was given to the world.

### **WHAT IS THE HOLY SPIRIT?**

The Holy Spirit is God. Holy Spirit is part of the Trinity. The Trinity describes the three ways God has of being: God, whom Jesus called Abba, Father, Son, and Holy Spirit. Holy Spirit is God's most intimate, powerful, and mysterious presence with and in us.

Jesus sent the Spirit to us when he had to ascend (leave physically). When anyone is taking about Jesus or the Father - the Spirit is the one making it possible. All that we know about God is because Spirit taught us and enables us to understand. Spirit is the hardest part of the Trinity for us to "pin

down" because Spirit is constantly shifting attention away from Spirit-self and toward Jesus. Spirit unites us and constantly points us to Jesus.

### **HOW DOES HOLY SPIRIT HELP US?**

The Spirit encourages us, teaches us and comforts us. Through the Holy Spirit, God empowers us to grow in faith. Spirit gives every person a sense of "calling" in the world, in keeping with God's wisdom and Jesus' directive to "follow him." If we are led by the Spirit, we will live in such a way we display the *fruits of the spirit* identified by the apostle Paul as love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control.

## **FAITH RESOURCES AT HOME**

I know you have your hands full with the education and care of your children during these challenging times. Adding one more thing to your days sounds daunting but, if you are looking for ways to grow your family's faith at home, here are some ideas:

- Read a Bible story before bed
- Use the d365 devotional  
<https://d365.org/>
- Pray when you get up, before meals, or at bedtime
- Deliver supplies to a family from Schmitt Elementary
- Serve together (donate to a food bank, send cards to those you love)

- Sign-up to receive (and use) the free resources from Illustrated Ministry (you might recognize their work as we have used it for the Children's Bulletins.)  
<https://www.illustratedministry.com/flattenthecurve>
- Care for God's creatures (hang a bird house, pick-up trash, plant a tree or garden (In June we are starting a Wellshire Family Garden Club—feel free to get started)

*May God's grace and peace be with you during these trying times. You serve God beautifully as you love and care for your family.*

*God bless you all. —Kendal*