

## First Met Sunday School family newsletter August 14, 2019

The Lord is my shepherd

I have everything I need

He lets me rest in fields of green grass

And leads me to quiet pools of fresh water

To our wonderful First Met **children, youth, young adults, families**  
& **supporters!**

*Greetings from Toronto's Islington United!* Micia & Maya Kanstrup were at the United Church GO Project with youth and adults from all over Canada, engaged in a variety of amazing faith-building, leadership, community connection and service activities. Stayed tuned for stories and photos.

Flat Jesus popped up at Islington United in Toronto and with Juanita, William & Ethan at Camrose United in Camrose Alberta!

Remember to take photos of *your* Flat Jesus as he travels with you on your journeys. Snap a photo showing how he joined you in your summer fun, and send it to the church office at [office@firstmetvictoria.com](mailto:office@firstmetvictoria.com)

In Sunday school we're 'bouncing' along with Psalm 23 and the Lord's Prayer – Hayley has exciting plans to help you 'catch' on to the words (hint hint)! Hear more about the lessons of Jesus, like preparing to eat at God's banquet table, trusting God to lead us into the future (Luke 12: 32 – 40) and caring for others in our community.

Have you noticed the many eagles flying over our cities, beaches and forests this summer? These beautiful and majestic birds reveal nature's resilience and remind us of God's call to be faithful caretakers of His creation. This Sunday we'll hear the First Nations story **Taking Care of Mother Earth, by Celestine Aleck**, on loan from Janet Gray with our thanks.

We are **BUSY!!** Building our **kites**, learning Psalm 23 and John 3:16 (do you

know these?) and searching for symbols of faith in our bibles.

**Family talk:** How can we tell someone is faithful? What are some ways you care for God's creation?

Coming Attractions: WildPlay, Confirmation, *fun*-draising projects, family potlucks, popcorn & movies on the big screen! Christmas plans!! Neighbourhood family story-time with social space for parents. Save the Date – United Church **Rendezvous 2020** August 2020 in Calgary!

Our Vision statement: To teach and nourish God's transformative love in an inclusive spiritual community, to share stories of Jesus and the Bible to enable children and youth to develop a spiritual framework for life, to involve and encourage all in worship, outreach, and community engagement, to give and teach tools to our children and youth, core beliefs, and practices of the United Church, and to witness children, youth and families happily engaged in church activities. 😊

~Micia and Hayley Reach us at [children@firstmetvictoria.com](mailto:children@firstmetvictoria.com)