

Choice

Heavenly Bread



The food of our spirits is good and truth from the Lord. He is continually offering us the nourishment we need day by day.

There are two ways we can take in this nourishment—by learning the truths from the Word and by putting them to use in our lives.

These two ways of receiving truth are reflected in two statements the Lord made while on earth: "[We] shall not live by bread alone, but by every word that proceeds from the mouth of God" (Matthew 4:4); and "My food is to do the will of Him who sent Me" (John 4:34).

Choose a *Heavenly Bread Service Activity* (p. 2) to do with your students to help them gather "manna" by helping others.

1. One way the Lord rains bread from heaven on us is by giving us experiences of heavenly joy. The joy of the angels comes from being useful. And this is true for us too, even if sometimes that seems hard to believe. Our deepest delights come from being useful.
2. Being useful can involve helping in major ways or it can simply be being kind and helpful in small ways that make other people happy. Today, we are going to gather "manna" by helping others.
3. Describe the activity you will be doing. Ask students to identify specific ways in which the activity will be of useful service to others.
4. Get students started on the activity.
5. At the end of class, thank students for their participation and affirm them for their service to others.

Materials Needed

supplies will vary depending on which activity you choose from Heavenly Bread Service Activities p. 2 or *Suggestions for Drives or Fundraising Events* p. 3

Prepare in Advance

Choose which activity you will do.

New Church Concept

Bread from Heaven

Manna is heavenly food, heavenly food is goodness and truth, and goodness and truth in heaven are the Lord since they come from Him. The rules for gathering manna describe how Divine Good from the Lord is shared with all in heaven according to the capacity to receive it. Some can receive little and some can receive much. Those who receive little are on the borders of heaven; those who receive much are in the inner parts. Each person's capacity to receive is determined by the nature and amount of good acquired in the world. *Arcana Coelestia* 8472



©2022 General Church of the New Jerusalem

Heavenly Bread Service Activities

Encourage students to make a difference to their community by doing one of the following activities. A list of same day service activities is included to spark your thinking. Or your congregation may have an ongoing service activity you could help with, such as sorting and packing already collected food. If you are feeling really ambitious, a list of other ideas for planning longer-term projects is provided on the next page.

Food Related Activities

- Prepare and serve snacks for the congregation after church. Clean up afterwards.
- Make a meal for a needy family.
- Clean the church kitchen.
- Take an inventory of kitchen supplies.

Art and Craft Activities

- Prepare decorations for an upcoming festival services for the sanctuary, pews or newsletter.
- Prepare thank you cards or small gifts for small group leaders or Sunday school teachers.
- Create name badges for the members of your congregation.
- Make signs or decorations that welcome others to your church building.
- Put up a bulletin board display.

Cleaning Activities

- Clean and organize an art supply closet, e.g. sort markers, and throw away ones that don't work.
- Clean and organize nursery toys. Wash dirty toys. Throw out broken or dangerous toys.
- Wash windows.

Outdoor Activities

- Plant flowers to beautify the church.
- Clean up the church grounds.
- Do yardwork for someone in your neighborhood who needs help, e.g. an elderly or disabled person.

Helping Others

- Put on a play for younger children.
- Adopt an elderly person after church. Make something for him/her during class. Give it to him/her after church. Have a conversation with him/her.
- Staff the church nursery.
- Teach Sunday school or help with a younger Sunday school class.

© 2022 General Church of the New Jerusalem

Suggestions for Drives or Fund-raising Events

Events	Activities
Empty Bowls Event	Host a soup and bread meal. In exchange for a donation, guests keep a bowl to remind them of all the empty bowls in the world. The money is donated to an organization working to end hunger: http://www.emptybowls.net/.
Talent Night	Charge admission, solicit donations of food or raffle items, and sell refreshments.
Food/Can Drive	Contact local food banks for information on donation checkpoints for non-perishable foods. In the USA, you can find these listed at FeedingAmerica.org.
Cake Auction	Bake and decorate cakes creatively. (Cake mixes are OK.) Hold a cake auction during which people bid on cakes via a silent auction (everyone walks past all cakes in the room three times and bids via bidding sheets) *or* a live auction using paper plates as number paddles.
Pancake Breakfast/ Pasta Dinner	Host breakfast before church or on a Saturday and charge a fixed fee or ask for donations. Host a pasta dinner and charge a fixed price.
Art Auction	Students create pieces of art work and auction them off. May hold along with a breakfast or dinner.
Rocking-Chair-a-thon	Solicit sponsorship for a rock-a-thon. Students get paid to keep a rocking chair rocking by the minute, quarter hour, or half hour. Teams of three might keep the chair rocking for 24 hours.
Babysitting	Provide drop-off babysitting at the church or encourage students to donate their babysitting takings from a specific church-held event.
Coat/Clothing drive	Donors clean out their closets and give coats, shoes or other clothing. Several organizations collect new or used clothing for charity: http://onewarmcoat.org; http://soles4souls.org; www.purpleheartpickup.org (benefits veterans).