



# **KNOW JUSTICE | KNOW PEACE**

a **Varick's Children** lesson on Social Action

# **KNOW JUSTICE | KNOW PEACE**

---

## **a Varick's Children lesson on Social Action**

**developed by the  
A.M.E. Zion Church Christian Education Department  
Varick's Children Ministry**

**Rev. Kathryn Brown, General Secretary  
Rev. Dr. Michelle Helaire, Co-Director  
Sis. Nora McNeill, Co-Director**

**June 2016**

Scriptures are quotations from New International Reader's Version (NIRV)<sup>®</sup>, © 1992 Biblica. Used by permission of Zondervan Publishing House.

Image credits:

123RF Stock Photos, © 2006-2015. Used according to terms of license agreement with 123RF Limited. Photographers – Designpics, Diaz, Doroshenko, Gilder, Janmika, Jones, Jung, Marmion, Sam74100, Sepavo, Stitt, Stockbroker, Studio1one, Yeulett, and Zdanchuk

# Table of Contents

Introduction to VC Christian Camps	1
Day 1: VC Friday Film Festival	2
Day 2: VC Super Saturday	3
Day 3: VC Worship Service	4
VC Lesson Handout	5
<b><u>APPENDIX</u></b>	<b>11</b>
Instructions for Lesson Activities	
Activities for Younger Children	
Choral Reading	
Children's Day 2016 Bulletin	

# Introduction to VC Christian Camps

*If we really believe that our children are our future, we must develop an agenda to improve their lives and health. While it may take a village to raise a child, it takes caring adults to make a nurturing village. (Kenneth C. Edelin)*

Christian educators play a critical role in creating a nurturing village for children to thrive. So what does it take to train a child in the way he or she should go amidst influences of the 21st century?

Varick's Children (VC) Ministry addressed the 21st century challenge by designing 3-day Christian Camps to train Zion's children in four key areas of learning and development – faith formation, scholastic engagement, leadership and service. Over the course of four years, participants in VC Christian Camps are taught what it means to be like Christ; how they can be used to build God's kingdom on earth; why they are not too young to serve the Lord; and how their "actions speak louder than words."

Student curriculum and teacher resources for VC Christian Camps are distributed in December for the Christian Education Winter Meeting and in June for Children's Day. *Know Justice | Know Peace* is a hands-on learning experience based on Micah 6:8.

Children's Day is traditionally observed the second Sunday in June. This guide offers suggestions for activities to make Children's Day weekend an engaging time for participants and teachers. If you are not able to implement all of the activities during Children's Day weekend, don't worry, the activities can be done at any time throughout the year.

# Day 1: VC Friday Film Festival

***Not a moment, but a movement. (#BlackLivesMatter Organizers – Patrisse Cullors, Opal Tometi, Alicia Garza)***

Have you ever wondered why “The Freedom Church” is inscribed on our A.M.E. Zion hymnal? If you have ever done any research on the progress of civil rights in our country you may have seen the names of several of our A.M.E. Zion leaders as participants in the various movements. Freedom and justice are important values in our denomination. Tonight is all about showing Varick’s Children how the church still has a responsibility to take social action against injustice.

**Suggested time for this session:** 120 minutes

## **Suggested activities:**

1. Make healthy popcorn snacks.

**Teacher Notes:** Search the following websites for ideas of healthy snacks for children. Also provide a healthy drink like water or the Capri Sun fruit and vegetable juice pouches.

<http://www.orville.com/recipes/all-popcorn-recipes#after-school-snacks>  
<http://www.kidactivities.net/post/popcorn-recipes-snacks-tips.aspx>

2. Watch a civil rights movie.

**Teacher Notes:** Bring lawn chairs or blankets like you would for an outdoor movie. If you are able to show the movie on the church lawn or parking lot that would be ideal. Otherwise convert the fellowship hall into a “lawn.” Eat the popcorn during the movie. Below are suggestions for movie selections.

“Selma, Lord, Selma”  
“Ruby Bridges”  
“Remember the Titans”

## Day 2: VC Super Saturday

***[Man] earns the right to sit at any counter, but can't afford to buy anything off the menu. [He] can't even read [the menu] because no schools for blacks. I'm tired of this. (Dr. Martin Luther King Jr. in the movie "Selma")***

Today is all about giving participants the opportunity to simulate a peaceful protest. This simulation is an experiential method to teach children how peaceful movements are organized.

**Suggested time for this session:** 180 minutes

### **Suggested activities:**

1. Give students a copy of the lesson found in the appendix of this guide.

**Teacher Notes:** *Encourage children to look up words they do not know in the lesson. This is a strategy for them to build their vocabulary. They can conduct searches on Google or Dictionary.com with their smart phones or tablets.*

*The lessons are designed for children ages 8 to 12. Younger children can do the activities in the appendix of this guide.*

2. View the MLK interview and review statistics on issues like voting, education, poverty and violence that are affecting our communities today. Discuss the interview and issues in a "town hall" meeting.

**Teacher Notes:** *Interview discussion questions and some suggested websites to conduct the research are in the appendix of this guide.*

3. Make protest signs to use during the choral reading of the scripture found in the appendix of this guide. Then practice the choral reading with the signs. This will be the Scripture Lesson for Sunday morning worship. The goal is to create the atmosphere of a protest.

**Teacher Notes:** *Below are some expressions the participants can use on their signs. You will need poster board and poster markers for this activity. During the practice of the choral reading, encourage children to stand with good posture, project their voices and enunciate their words.*

"Stop the violence!"

"Know justice. Know peace."

"Leave no child behind."

"Vote! It Matters."

4. Visit an African American or Civil Rights exhibit at a museum.

**Teacher Notes:** *If you do not have an exhibit in your area, plan a field trip that will help the children focus on social action.*

## Day 3: VC Worship Service

*Train a child in the way he should go, and even when he is old he will not turn away from it. (Proverbs 22:6)*

Children are full of energy so Children's Day will be a lively experience for them to learn traditions of A.M.E. Zion worship and to share contemporary expressions of praise.

**Suggested time for service:** 60 minutes

**Suggested guidance for order of worship:**

1. Children should wear red or white tops and khaki bottoms.
2. Assign specific children to lead the Responsive Litany, Affirmation of Faith, Prayer and Acknowledgement of Visitors. Scripture Lesson will be done as a group.
3. Select a 5<sup>th</sup> or 6<sup>th</sup> grader to write and deliver the Morning Message. The theme of the message should be "Know Justice | Know Peace."
4. Teach all participants the VC Theme Song, "Jesus Loves Me."

**Teacher Notes:** Consider teaching sign language for the chorus of the song.

5. Creative expressions can be a choir selection, instrumental selection, liturgical dance, step, spoken word or some other type of youthful praise.
6. Lead the congregation in singing the CED Benediction if you know the tune.

# Respect Authority

*Follow the lead of every human authority. Do it because the Lord wants you to. Obey the king. He is the highest authority. Obey the governors. The king sends them to punish those who do wrong. He also sends them to praise those who do right. By doing good you will put a stop to the talk of foolish people. They don't know what they are saying. God wants you to stop them. Live like free people. But don't use your freedom to cover up evil. Live like people who serve God. Show proper respect to everyone. Love the community of believers. Have respect for God. Honor the king. (1 Peter 2:13-17)*

Obedience is part of a Christian's duty. Our good behavior makes stereotypical claims about African American people sound foolish and ignorant. This means that you must listen to your elders and set good examples for your peers. Your first experiences with obedience come through honoring your parents. When you honor your parents you develop the discipline to respect others in authority.

## “Do the Right Thing”

*We must find an alternative to violence. The eye for an eye philosophy leaves everybody blind. (Dr. Martin Luther King, Jr)*

Justice is fair treatment of everyone. It is also appropriate punishment for breaking laws. Our ancestors' struggle for justice was not a revolution of black people against white people. Some white people helped us to march in the struggle. The revolution was one of right against wrong. All people are part of God's creation; not just black people and not just Christians. All lives matter and all Christians are required to treat people fairly (Micah 6:8).

Peace is a state of harmony between people or groups. Keeping peace is a way to maintain order in society. To create peace we have to let love replace violence. Jesus commanded us to “turn the other cheek” instead of taking “an eye for an eye.” We are often taught there is strength in violence but there is more strength in peace. Non-violence is a choice – the harder choice.

Although obedience is a Christian's duty, sometimes civil disobedience is necessary to change unjust laws. Civil disobedience is a non-violent means of protesting. There are, however, consequences for civil disobedience. Participants in protests can sometimes be arrested. Dr. Martin Luther King was jailed several times. This was a sacrifice he and others were willing to make to bring about social change. There were several non-violent civil rights movements throughout history. These movements are listed in the table on the next page.

Movement	Result
Civil Rights Act of 1866	Gave blacks the right to make contracts, sue, and own property
Reconstruction Act of 1867	Gave blacks the right to vote when confederate states re-entered the Union
Fourteenth Amendment in 1868	Gave blacks citizenship
Fifteenth Amendment in 1870	Gave blacks the right to vote
Brown v. Board of Education in 1954	Ended segregation in public schools
Montgomery Bus Boycott in 1955	Ended discriminatory practices on public buses
Civil Rights Act of 1964	Outlawed discrimination in public places
Voting Rights Act of 1965	Eliminated literacy tests, knowledge tests, and poll taxes at voting places

The civil rights movements of the 1950s and 1960s produced significant gains for African Americans. Some movements used peaceful protest like sit-ins, marches, speeches and songs to create a positive atmosphere for change. Organizations that coordinated civil rights efforts based on the principles of non-violence include the National Association for the Advancement of Colored People (NAACP), Southern Christian Leadership Conference (SCLC), and Student Non-Violent Coordinating Committee (SNCC). The civil rights movement going on now was started by the #BlackLivesMatter Organization. The organization’s mission is to fight racism against Black people, to spark dialogue among Black people and to create a network of all people to encourage social action. Since August 2014 over 1,030 protest actions have been held in the name of #BlackLivesMatter. Responsible social action requires us to know and understand justice so that our communities can know peace.

## Activities

1. Play Four-Letter Word.
2. Watch the interview of Dr. Martin Luther King, Jr. on NBC’s Meet the Press (<https://www.youtube.com/watch?v=fAtsAwGreyE>) that took place five days after he led the march from Selma to Montgomery, AL.
3. Download the Civil Rights Activity Book (<http://www.tolerance.org/sites/default/files/general/SPLC%20Civil%20Rights%20Activity%20Book%20web.pdf>). Reference page 16 when you make the protest signs.
4. Encourage participants to check out the following books from the library: *Freedom on the Menu: The Greensboro Sit-Ins* by Carole Boston Weatherford, *Child of the Civil Rights Movement* by Paula Young Shelton, *Freedom Summer* by Deborah Wiles and *The Other Side* by Jacqueline Woodson.

# APPENDIX

# Instructions for Lesson Activities

## Four-Letter Word

**Teacher Note:** This game is an ice breaker activity. It is best to play it before you begin teaching the lesson. Each participant will need a sheet of 8.5x11 paper with a large letter from the alphabet pinned on his or her shirt.

1. Make sure every member of the group has a large letter.
2. At your signal, each child tries to find three others to form a four-letter word within one minute.
3. Participants that fail to form a word within the time limit are out.
4. Play the game until everyone is eliminated.

## MLK Interview Discussion Questions

**Teacher Note:** Ask participants the following questions after they view the interview on YouTube. The answers are in italics.

1. **Will non-violent resistance guarantee a non-violent reaction?**

*No. This was made evident by the woman that was killed after the march from Selma.*

2. **What did Dr. Martin Luther King say was the best way to keep issues in the eye of the public?**

*Non violent demonstration*

3. **What issues were driving the need for demonstrations?**

- *obstacles to full voting rights (like the poll tax)*
- *police brutality*
- *inequality in poverty programs*

4. **Is there a consequence for civil disobedience?**

*Dr. King and others who participated in social actions against unjust laws were willing to accept the consequence (i.e., go to jail) for breaking the law.*

## Views on Today's Issues

**Teacher Note:** You will need a projector for this activity.

1. Show the graphs located at the links below displaying statistics on education, voting, poverty and violence.

<http://www.usnews.com/cmsmedia/62/7b/345a9098478190ec1e7b48838cdd/150115datapoverly-graphic.png>

<http://www.usnews.com/cmsmedia/fd/ec/85dbf2c443b08cf0e4b93211a805/150122datagrduationrates-graphic.png>

<http://www.usnews.com/cmsmedia/fa/2f/eb7174174d05b58f4ccef1a76738/150115datasuspensions-graphic.png>

<http://www.usnews.com/cmsmedia/05/d9/4f54b2c64f58906779b229ab97a4/1412129datafirearms-graphic.png>

<http://www.usnews.com/cmsmedia/d1/fd/8a894b744e1aa26bfff4325ad30c/141210data-gapshomicide-graphic.png>

<http://www.usnews.com/cmsmedia/94/36/9a0f7e4c44e693d0e937945d189b/141210data-gallupolice-graphic.png>

<http://www.usnews.com/cmsmedia/53/b4/92a55e1545c89c4f8bc6aeeac847/151006-graph2-graphic.JPG>

2. Solicit participant views on these issues.

## Activities for Younger Children

### Building a Bridge to Freedom

**Teacher Note:** You will need to purchase building block sets (like Legos). This activity can be done individually or with teams. The number of building block sets needed is determined by the number of individuals/teams in your group.

1. Talk about the Edmund Pettus Bridge in Selma, AL that was used during a peaceful protest for voting rights.
2. Tell the students their challenge for today is to build a bridge with the building blocks. You can show pictures of bridges if you like.
3. Each individual/team has 20 minutes to build the bridge.
4. When the bridges are done, place a small object (like a stapler) on each bridge to see how it holds up.

### Civil Rights Activity Pack

**Teacher Note:** You will need to download and print enough copies for each participant from <http://www.meetpenny.com/wp-content/uploads/2014/01/Civil-Right-Coloring-Pages-Activity-Pack.pdf>. Use craft foam or construction paper to color the American Flag on page 1 and the public bus on page 7 in the activity pack. Use markers or crayons to trace letters and color the remaining worksheets.

### What's that Scripture

**Teacher Note:** You will need approximately 45 sheets of 8.5x11 paper to write each word in the key scripture below.

*The Lord has shown you what is good. He has told you what he requires of you. You must treat people fairly. You must love others faithfully. And you must be very careful to live the way God wants you to.*

1. Review the key verse in Micah 6:8 with the participants.
2. Scramble the words on the floor or some other large work space.
3. Tell the students to work together to put the words in the right order.
4. Time how long it takes. You can play the game multiple times to see if the participants can come up with better ways to work together to achieve a faster time.

## **Micah 6: 8 (NirV)**

Reader 1: The Lord has shown you

Reader 2: What is good.

Reader 3: He has told you

Reader 4: What He requires of you.

Everyone: YOU MUST

Reader 5: Treat people fairly.

Everyone: YOU MUST

Reader 6: Love others faithfully.

Everyone: AND YOU MUST

Reader 7: Be very careful

Reader 8: To live the way

Everyone: GOD WANTS YOU TO.

## **Micah 6: 8 (NirV)**

Reader 1: The Lord has shown you

Reader 2: What is good.

Reader 3: He has told you

Reader 4: What He requires of you.

Everyone: YOU MUST

Reader 5: Treat people fairly.

Everyone: YOU MUST

Reader 6: Love others faithfully.

Everyone: AND YOU MUST

Reader 7: Be very careful

Reader 8: To live the way

Everyone: GOD WANTS YOU TO.

## About the Founder of VARICK'S CHILDREN



Helen C. Scott-Carter, Ph.D. was a teacher in DC Public schools for more than 34 years and an administrator for six years. She was appointed as Director of Children's Ministry for the A.M.E. Zion Church Christian Education Department in 1994 and served in that position until 2012.

Under her leadership Zion's children's ministry became a renewed entity in the Christian Education Department and a new age group at the Winter Meeting.

Dr. Carter submitted a resolution to the General Conference in 2004 proposing VARICK'S CHILDREN as the name of Zion's Children's Ministry. The resolution was passed and documented with the following statement in The Book of Discipline 2004, page 234.

The 47<sup>th</sup> Session of the General Conference directs that the Children's Ministry of the Department of Christian Education be named VARICK'S CHILDREN; the operative scripture for the Children's Ministry will be: "Even a child is known for his doings, whether they be pure and whether they be right" (Proverbs 20:11); that the colors be Red (the blood of Jesus/royalty) and White (innocence); and that the logo be officially adopted.

Dr. Carter is currently a member of John Wesley A.M.E. Zion Church in Washington, DC where she has been a member since she was 11 years old.

## Children's Day 2016



**KNOW JUSTICE | KNOW PEACE**

a **Varick's Children** lesson on Social Action

**Call to Celebration (in unison)**

This is the Lord's day.  
This is the Lord's house.  
We are the Lord's children.  
Let the praise begin!

**Opening Hymn**

"They'll Know We Are Christians by Our Love"

**Invocation (in unison)**

O Holy Spirit of God, we invite your presence into our service today.  
Be with us in our praise and in our prayers. Let all that we do be  
pleasing in your sight. Through Jesus Christ our Lord. Amen.

**Choral Response**

"He is Lord"

**VC Theme Song**

"Jesus Loves Me"

**Responsive Litany**

**Leader: Jesus wants us to DO what he taught;**

*People: Not just keep it in our heads or talk about it.*

**Leader: Even a child is known by his or her actions;**

*People: So do what is pure and right.*

**Leader: Our bodies are temples of God.**

*People: Remember to keep them healthy and holy.*

**Leader: Train up children in the way they should go.**

*People: So when they are old they will not turn away from it.*

**Gloria Patri /Affirmation of Faith****Scripture Lesson**

Micah 6:8

**Prayer Hymn**

"I Want Jesus to Walk With Me"

**Morning Prayer/Prayer Response****Children's Moment**

Creative Expressions

**Announcements/Acknowledgement of Visitors****Offering/Offertory****Song of Preparation**

Children's Choir

**Morning Message****Invitation to Christian Discipleship****CED Benediction**

Every member a Christian (every member a Christian)

Every Christian a worker (every Christian a worker)

Every worker trained (every worker trained)

That need not be ashamed (that need not be ashamed)

Oh, this we ask in

Jesus' name

Amen (Amen)

Amen (Amen)

A-men.