Planning



Sunday, November 13 – Saturday, November 19 • 2022

Infinite Possibilities

As we move toward the end of the church year, we are greeted with a vision of a world healed of its brokenness and where the promise of God's love and justice are made real for all people and all Creation.

This week...

Ecumenical prayer calendar

Aotearoa New Zealand, Australia

As listed in Pilgrim Prayer: The Ecumenical Prayer Cycle, edited by Ester Pudjo Widiasih and Karen L. Bloomquist. (Geneva: World Council of Churches, 2018). https://www.oikoumene.org/resources/prayercycle offers valuable aids for intercessory prayers, prayer on behalf of and in solidarity with others.

Personal reflection

"The wolf and the lamb shall feed together, the lion shall eat straw like the ox" (Isaiah 65:25).

God sees reconciliation where there is misunderstanding and hostility. Things are going to be transformed – there will be life and new homes where there was once death and despair. Creation will live in harmony.

■ What areas of your life are in need of transformation? Maybe cluttered cupboards, an unhealthy diet, or an overbooked schedule. Pick one of these areas and work on transforming it into something more balanced, in order to bring harmony to your own life.

The planning page is provided in text format for copying, adapting, and adding to your bulletin or online worship resources or website or social media (see Text folder, Worship Outline).

November 13, 2022

23rd Sunday after Pentecost 33rd Sunday in Ordinary Time Proper 28 (33)

Revised Common Lectionary (Year C)

Isaiah 65:17-25

the focus in age-level materials Isaiah 12 2 Thessalonians 3:6-13 Luke 21:5-19

Seasons of the Spirit™ is based on semicontinuous readings of the Revised Common Lectionary.

Liturgical colour green

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Online Resources

Lection Connection

Essays and discussion prompts linking current events with this week's scriptures. Use for sermon preparation, Bible studies, and small groups or share on social media at https://www.seasonsonline.ca/10/.

Nurturing Faith and Spirituality at Home

An easy-to-share, weekly online resource supports the spiritual lives and faith formation of individuals and families at home. It is provided in the Faith at Home folder.

Biblical Background • November 13, 2022



Isaiah 65:17-25

the focus in age-level materials 2 Thessalonians 3:6-13 Luke 21:5–19

Seasons of the Spirit™ is based on the semi-continuous readings of the Revised Common Lectionary.

Loving and mighty creator, speak your word into our weary world and make all things new. Guide us to live into the vision of your infinite realm of peace and justice, so that all your creatures may live in the harmony you intend.

Infinite Possibilities

s we move toward the end of the church year, we explore texts that hold a vision of a world healed where God's love and justice are made real for all people and all Creation. As disciples, we are called to explore what it means to live into this vision of infinite possibilities and participate in this renewed world of justice and peace.

Isaiah 65:17–25 Most scholars believe these verses were written after 539 BCE when the people of Judah returned from exile in Babylon. Their return was not as triumphant as they had hoped. Their homeland was a shambles; much had to be rebuilt as they took up their lives again. The prophet speaks to those facing the daunting task of rebuilding Jerusalem.

The prophet speaks God's word of hope: God will not remember Israel's disobedience. The word remember in scripture means bringing a past event into the present with all the power of the original. Just as God will not bring past transgressions into the present, the people are called to leave behind the fear and anguish of exile and embrace the infinite possibilities of "new heavens and a new earth" (v. 17). They are to "be glad and rejoice forever in what I am creating" (v. 18).

God is creating "new heavens and a new earth." In verses 20-24, this new Creation is described as a place where God's people will enjoy long and purposeful lives in a close relationship with God. The images reverse situations of human distress - premature death, hunger, having the fruits of one's labour taken by force - and speak a word of God's ultimate and infinite justice to all who have suffered.

God's people are participants in this new Creation. Though some have interpreted the word new as meaning that there is no need to care for Creation in its current state, God makes it clear that "I am creating" (v. 18). This work of creation is now and in the future; it involves human participation now and in the future.

In verse 25, the serpent is sentenced to "eat dust." In scripture, serpent refers to snake-like creatures in the Middle East. To the peoples of this region, serpents were symbols of wisdom and fertility and not necessarily evil. In Genesis 3:14, the serpent is "cursed" for its part in the disobedience of Adam and Eve. Even though Isaiah 11:18 declares that on God's "holy mountain" the serpent and humankind will live in harmony, here the prophet suggests that God is limiting the serpent from the beginning of this new Creation.

God's people find joy in signs of God's new creation. **Isaiah 12** is a hymn of praise for all that God has done in the midst of their lives.

Many biblical scholars believe the author of 2 **Thessalonians 3:6–13** is not the apostle but rather someone who writes in Paul's name, operating on the premise that the word of God is a living word to be applied fresh and new for its day and time. It is an approach to biblical interpretation that avoids legalism and instead applies God's living word to the current context. The context addressed is a form of eschatology that believes God alone will bring the realm of God into being and that Christians therefore may sit by and watch. Rejecting this view and any world-denying spirituality, Thessalonians offers a Christian work ethic that says now is the time to work for justice, peace, and care of Creation – to work for the world for which we pray "Your kingdom come."

The author of Luke 21:5–19 offers an apocalyptic vision, with enough trouble, heartache, loss, and sadness to make the strongest person quake with fear. The temple and Jerusalem had been destroyed by Roman might when the gospel of Luke was written. The gospel writer names the fears, uncertainty, and chaos people are experiencing first hand. Yet in the gospel, they hear Jesus' assurance that even when all looks lost, they can trust in the creative presence of God who will put a word on their lips, a song in their hearts, with the wisdom and strength they need for the most difficult of times. Even when it appears all is lost, God calls us to participate in the healing promise of God.

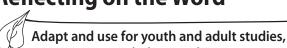
This week's readings move us toward the Reign of Christ celebration and Advent when we prepare to welcome the Messiah, the Promised One, who breaks into human history to embody God's creating work and the infinite possibilities of "new heavens and new earth" (Isaiah 65:17). What signs do you observe of "new heavens and new earth" in your midst? What does it mean to live into this vision and help shape it?





Reflection and Focus • November 13, 2022

Reflecting on the Word



sermon seeds, lay worship teams.

Connecting with life

It is a commonly held belief that joy is reserved for those who experience success in work, relationships, finances, educational achievement, and any of a number of ways that measure success. But what does it mean for us as individuals and as a community when joy can be claimed by those who struggle, face loss and uncertainty?

- When you consider your future, what are some of your biggest concerns and worries?
- When you consider global challenges, what are the issues that most worry and trouble you?

Scripture

Isaiah 65:17–25 While Isaiah does not explicitly name the "former things," it is apparent that the people's feelings are connected to their remembrance of times when they felt the joy of success. The people are unwilling to let go of what once was and hence unable to discover what might yet be.

- What fears, failures, or even success of the past prevent you from being able to see the new things God is creating in your individual life? in your community life? in the life of the world as a whole?
- How might letting go of old dreams open you and your community to the experience of joy?
- How have you experienced the surprising and unexpected peace and wholeness of God about which the prophet speaks?

Isaiah 12 The prophet offers an intriguing image: "with joy you will draw water from the wells of salvation."

Materials Access to the Internet

Describe the waters you might draw from those wells. How might those waters nourish you?

2 Thessalonians 3:6-13 can sound self-righteous and unfeeling towards community members who may be concerned about becoming burdens to others, such as the elderly, unemployed, or people with disabilities. It has also been used to reinforce a "Protestant work ethic" that celebrates individual achievement at the expense of the community.

- How might these words be heard if the work that the writer speaks about is living as full participants in building the realm of God's justice and wholeness?
- How would a constant focus on living into the vision of justice spoken of by Isaiah shape the practices and norms of your community?

Luke 21:5–19 While offering a vision of a calamitous future, the author focuses on the call to bear witness to God, even in times of pain and uncertainty. Jesus assures, "I will give you words."

- In what ways is the scenario Luke presents relevant
- What makes you and your congregation fearful and anxious about the future?
- What do you believe gives you the confidence to speak out for justice?

Connecting scripture and life

If possible, listen to the song "Somewhere to Begin" by T.R. Ritchie at https://www.youtube.com/watch?v=CN6OkX

- What changes do you think are needed? Where and how might you begin?
- As individuals and as the church, what is our daily work in bringing infinite possibilities of the vision of a renewed world to life?

Focus for Worship, Learning, and Serving

One of the most significant challenges people of faith face is trusting God in the present moment. The past provides great temptations for people who prefer to spend energy there, and so does the future. There is an abundance of people who make a vocation out of worrying about what lies ahead. It is an irony of church life that we who claim the promises of God still find ourselves struggling with fear anxiety. Today's scriptures address this irony by offering guidance for reviewing the past, living in the present, and rejoicing in the presence of what God is doing in our midst right now.

This week provides an opportunity for worshippers to rejoice in God's promises, express gratitude for God's blessings, review experiences of God's assistance in times past, and commit their trust to God for the future. Worship that promotes joyful experiences – through fellowship, music, prayer, and proclamation – will offer a spiritual foundation encouraging trust in God, giving followers confidence to speak out when needed and share in the realm of God and the infinite possibilities of our



Infinite Possibilities

Prepare

NOTE: The following suggestions are mere starting points; adapt, delete, and add according to your local needs and context. If a community is gathered in person, they may speak the **bolded** lines. If worshippers are not all physically present, consider having a different individual say the bolded responses. Instructions are *italicized*.

- Recruit volunteers needed for worship: two or three readers for the reading from 2 Thessalonians; small group to sing "Trust Greatly" as people exit the worship space.
- Choose an option for hearing Isaiah 65:17–25. For the Bible story, arrange for a storyteller to present "A Dream for the Future" on p. 154 or "A World of Love" in Exploring Our Faith at the end of this week's materials. For the dramatic reading, arrange for one or several voices.
- Bring items for setting the worship space.
- ☐ You might choose to print <u>Just as We Are One</u> on or in your bulletin (in the Images to Project and Print folder). For background to the art and artist, see "<u>Connecting with the Art</u>" on p. 8.
- □ Bring song such as "You Are Holy/Hamba Nathi" (Seasons Songbook, vol 8, #21 on Seasons Music CD, vol. 8. Printed music and recording are also available at Seasons MP3 Downloads, www.seasonsonline.ca).
- □ Set stations as described on pp. 155–156.



You Are Holy/Hambi Nathi

Traditional, South Africa; Seasons Songbook, vol. 8

Go Make a Difference

Steve Angrisano, Tom Tomaszek; Seasons Songbook, vol. 8

Peace, We Want Peace/Paz, Queremos Paz

Traditional; Seasons Songbook, vol. 8

Trust Greatly

Gabrielle Lord; Seasons Songbook, vol. 8

Reach Out

Monica O'Brien, Gina Ogilvie; Seasons Songbook, vol. 7

Behold, I Make All Things New

John L. Bell; Seasons Songbook, vol. 6

Dreams and Visions

Andrew Tanner; Seasons Songbook, vol. 5

I Will Sing

Max Dyer, Betty Pulkingham; Seasons Songbook, vol. 3

One God Created All That Is

Daniel Charles Damon; Seasons Songbook, vol. 3

O for a World

Miriam Therese Winter

Oh, Sing to Our God

Brazilian Folk Song



A chart that shows the licence holder(s) for each song in each of the 9 Seasons of —

the Spirit Music Volumes can be found at www.seasonsonline.ca. Click on Library; —

Seasons Music Information. Please contact a licence holder for permission to duplicate.

Gather

Call to worship

The God of new beginnings,

begins with us here in this place.

The God of re-creation,

re-creates dead-ends into new living.

The God of dreams,

dreams in us a new world.

The God of wholeness,

brings a new kind of harmony into this world.

The God of vision,

envisions new possibilities in us.

The God of love,

loves our lives and yet makes them new.

Come, let us worship our wondrous God.

Opening prayer

God, you are creating a new heaven and a new earth, and you call us to be part of that re-creation.

So here we gather to hear again your good news for this world and for ourselves.

Open our eyes to see what you are doing,

open our ears to hear your words that create this new thing, and open our hearts to the re-creation that begins for us, here in this community.

Bless us in hearing your promises today as we offer ourselves in worship and trust in your good news here among us. Amen.





Worship Outline • November 13, 2022

Prayer of confession

Creator God, sometimes we struggle to see ourselves as creators made in your image.

Sometimes we forget that you made us in love, and that you call us to love you in return.

Sometimes we remember too clearly the pains and heartaches of the past.

Sometimes we cling to them, and even re-create those painful times.

Sometimes we ignore your promise for our future. Sometimes we forget to turn to you in prayer.

We forget to call on your name. Forgive us, gracious God. Amen.

Words of affirmation

God says: I am renewing heaven and Earth and I shall be with you.

Even now, I forgive.

Even now, I re-create.

Thanks be to God.

Even now, I call you into something new.

I am renewing heaven and Earth and I am beginning with you, today.

Engage

Opening the word

Isaiah 65:17–25 *the focus scripture for age-level materials in ENCORE*

Choose from the following.

Bible story Have a storyteller present the story "A <u>Dream for the Future</u>" on p. 154. Alternatively, for younger children, tell the story "<u>A World of Love</u>" (in Exploring Our Faith at the end of this week's materials).

Dramatic reading Offer a reading of Isaiah 65:17–25, either by one dramatic reader or by several voices proclaiming the words from different parts of the worship space.

Isaiah 12 – a responsive reading

In my state of guilt and shame, God's presence felt nonexistent. I thought I would wither away. But then a spirit of forgiveness swept over me, and I was wrapped in the comfort of grace. Thanks be to God. I was rescued from my despair, and drank deeply from healing waters. Renewed, now I can trust, now I will not be afraid, now I remember my connection to all Creation. Thanks be to God.

My heart is uplifted in joy, and I can hardly contain it. Because I am in tune with the Source of Life I find myself humming the happiest of songs. I want everyone to look and see the Spirit alive within me and the whole world.

2 Thessalonians 3:6–13 The writer of Thessalonians refers to "we" in this exhortation; enlist two or three readers to present this reading in conversational style as though speaking directly to listeners. (The *Contemporary English Version* offers a good version of this text for this purpose.)

If gathering in person, invite children, young people, and all who wish to move to the stations.

Others will remain seated for proclaiming the word. For those participating at home,
you might encourage them to use materials that have been sent.

Respond

Sing or listen to a song such as "You Are Holy" as people gather together again (*Seasons Songbook, vol. 8,* #21 on *Seasons Music CD, vol. 8.* Printed music and recording also available at *Seasons* MP3 Downloads, www.seasonsonline.ca).

Prayers of the people

A day is coming when the world will rejoice: when anger will no longer be a motive, when fear will no longer be the reason, but anger and fear will give way to healing, to comfort, to God.

May this vision be seen more fully in us.



Worship Outline • November 13, 2022

We envision a day when the world will rejoice: when power will no longer be found in armaments, when strength will not be found through oppression, but armaments and oppression will give way to justice, to freedom, to God.

May this vision be seen more fully in us.

We hope for a day when the world will rejoice: when people will no longer be suspicious, when terror will no longer control us, but suspicion and terror will give way to community, to love, to God.

May this vision be seen more fully in us.

We imagine a day when the world will rejoice: when creation will no longer cry out from abuse, when creatures will no longer suffer needlessly, but abuse and suffering will give way to care, to harmony, to God.

May this vision be seen more fully in us.

Prayer of dedication or offering prayer

Keep us in hope and attuned to your presence and working, O God. Then may these and all our gifts, given for your vision of a just and peaceable Creation, be used well. May they bring your realm to flower here among us and in all places, to the glory of your name. Amen.

Bless

Have a small group joyfully sing "Trust Greatly" as people exit the worship space (Seasons Songbook, vol. 8. Printed music and recording are also available at Seasons MP3 Downloads, www. seasonsonline.ca).

We have no reason to fear the storms within nor the storms without

for we are bound together in a strong community of love. And wherever there is love, there is God. May we be a people of enduring vision and hope, renewing the Earth with transforming love.



Practicing Our Faith • November 13, 2022

Planting Vineyards

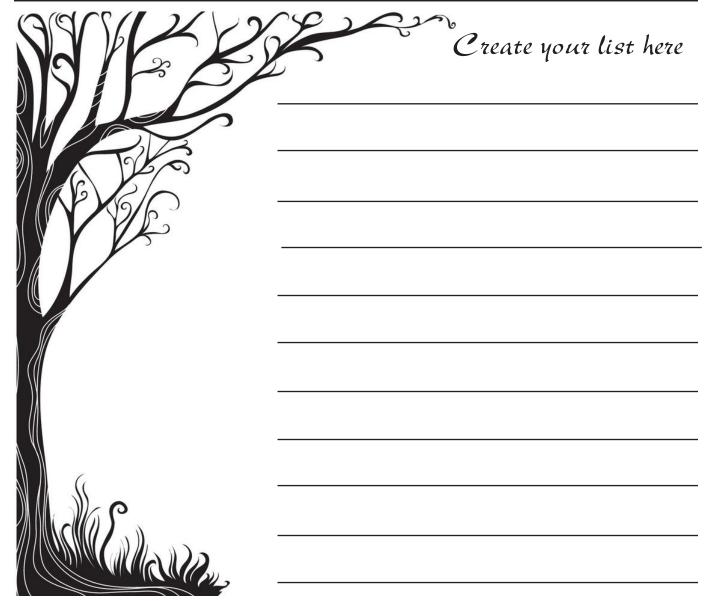
Directions

Watch the video "Crowd the Schoolhouse" at https://vimeo. com/38224243. You can see more of the "Evergreen Brick works" at https://www.evergreen.ca/evergreen-brick- works/.

Make a list of examples of re-creation that you see in your local community or global community. For example, abandoned lots or homes that have been turned into gardens or new/repaired homes, relationships that have been re-created, things that were used for one purpose now being used for another purpose, people who have remade themselves, and so on.

Next, make a list of ways that your church community might be involved in re-creation. Are there any specific ways you might literally (or figuratively) plant new vineyards?

Optional: Make a plan for planting vineyards (aka gardens) in available outdoor space at your church. Remember, you could always start a container garden if you don't have a yard or lot to plant in. If there is no available outdoor space, you might consider planting window gardens indoors – of herbs or flowers. If it's not the time of year to physically plant a garden, you might clear the space that you will use or paint/ decorate pots and planters for the garden. You might also create a poster or bulletin board of the garden you envision and share it with your congregation.



A Dream for the Future

Based on Isaiah 65:17-25

Isaiah kept his eyes closed tightly, his breathing slow. He didn't want his dream to be over, it was just too wonderful! But it was like trying to hold water in your hands, he just couldn't hold on to it. This wasn't just any dream, however. It was a special dream, a dream from God called a prophecy, and Isaiah had a gift for not only having these dreams but making sense of them and sharing them. So even though he couldn't keep his dream going, he did the next best thing – he shared it. He climbed out of bed and went out to the market for his morning fish. While he was there, he told the man selling the fish about his dream. Then he told his neighbour, and soon he was telling everyone.

And everyone listened. You see, the people lived in troubled times. There were wars and fights and not enough food, water, and land for everyone. People were sick, people were hungry, people were lonely, and people felt far away from God. So when Isaiah told them about his dream, they

closed their eyes and pictured it, too.

Isaiah told them about a world where no one ever cried, except for tears of joy and delight. Where people lived long and healthy lives, and no child would go hungry. A world where everyone had homes and vineyards and fruit to eat, and found joy in their labours. Even the animals would get along with each other, and there would be no more fighting, no more killing, no more hurting. Only love, happiness, and joy.

When he finished his story, whoever was listening would wait patiently, expecting Isaiah to go on. They knew he was a prophet, and they thought he would tell them when this wonderful world would come true. When would it be here, when would they see this with their own eyes? They all would ask him and hold their breath waiting for his answer. But old Isaiah simply told them it is here when we live in God's way.

A recording of this story is available in MP3 format in the Audio Stories folder.



Bible story

Materials

- Basic supplies
- · Paper or drawing pads
- Recording of today's story "A Dream for the Future"
- Alternatively, arrange for a storyteller to present the story

The practice of storytelling

Directions

- 1. Listen to the story "A Dream for the Future."
- 2. Use the art supplies to draw or write your response to God's dream for the future.





Stations • November 13, 2022

Living, Learning, Growing as Disciples

The following stations might be set up around your worship space, or in other places around the church, in your home, or outdoors. Choose one or more practices, depending on your space and numbers. Display the directions for all to see onscreen or in person. Adapt stations for use when physically distancing and above all, follow the safe practices of your congregation and local health officials.

For your convenience, directions are formatted for printing and available in the Stations folder.

Health and Safety Practices



Basic supplies pens, pencils, markers, crayons, white glue/glue sticks, scissors, hand sanitizer, wipes placed in a basket or bin, two containers marked "clean" and "used"



Setting the space Utilize large spaces where people can maintain a safe physical distance. Spread out chairs around a large table or use tape to mark off the space around stand alone chairs.



Keep it clean Wipe down and disinfect places used for stations. Provide enough arts and crafts supplies to reduce sharing and mark containers "clean" and "used." Remind people to use hand sanitizer as they begin and as they end stations.

Vision of peace

Materials

- Basic supplies
- · Construction paper in variety of colours
- · Newspapers and magazines from recent weeks/months



The practice of peace

Directions

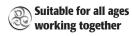
- 1. Search through the magazines and newspapers and look for headlines and photographs that exemplify the war, conflict, division, and other hostilities that are present in your community and the larger world.
- 2. Divide a piece of construction paper in half. On one half, glue the headlines and photographs that you've collected.
- 3. On the other half, draw or use images from the newspapers or magazines to show God's vision of peace and harmony. You might also write some words or phrases that represent that vision for you.
- 4. Walk around the table to see the different examples of war and conflict and peace and harmony.
- 5. Before leaving this station, say a prayer asking God to help you make God's vision of peace and harmony a reality.

Younger children On one side of the paper, draw people who aren't getting along or a bully who is taking something from someone. On the other side, draw what it would look like if the people in the first drawing were getting along with one another.

Painting the dream

Materials

- Basic supplies
- · Newsprint to list responses
- Newsprint or mural paper
- Art supplies
- · Clean-up supplies



The practice of creativity _

Directions

In Isaiah 65:17-25, the prophet shares God's vision for peace and harmony in the world – a vision we can't always see. How does believing in this vision change the way we live in the world?

- 1. Make a short list of ways you might work on changing the world to look more like God's vision for it. Think of things you might do on your own or collectively as a church community.
- 2. Use the art supplies to create your dream for a renewed world.
- 3. Display your work and tell of your ideas for changing the world to look more like

Option Create a community mural using art supplies and mural paper/newsprint.

Stations • November 13, 2022

Lectio divina

Materials

- Basic supplies
- Index cards or small pieces of paper
- Bibles or copies of Isaiah 65:17–25
- · Personal journals (optional)



The practice of reflection

Directions

Lectio divina (or divine reading) is an ancient practice of reading scripture that treats biblical texts as the living word of God, with messages for our lives today.

- 1. Read Isaiah 65:17–25 (aloud if your space allows) slowly. Pause between phrases and verses. (Depending on the number of people at this station, you might do this in pairs or ask one person to read to the entire group.) Pause for a few moments of reflection before moving on to the next step.
- 2. Read Isaiah 65:17–25 (aloud) again. Listen for words or phrases that stand out to you a word or phrase that God might be using to speak to you. If you aren't drawn to particular words, choose a word that you hear in the scripture passage. Silently meditate on this word or phrase. Reflect on what message God has for you today. Ask God questions that come to mind and listen for what God has to say to you.
- 3. Read Isaiah 65:17–25 (aloud) again. Listen for God's call, and answer from your heart. We are always invited to be in conversation with God. After this reading, continue to listen carefully for God's invitation.
- 4. Read Isaiah 65:17–25 a final time and simply rest in God's love. Allow the words to flow over you. Let the Holy Spirit draw you close to God. Pause after the reading for a few moments of final reflection.
- 5. On an index card or small piece of paper, write the word or phrase that stood out to you after the second reading. Keep it in your journal or Bible for reflection throughout the week.

Planting "vineyards"

Materials

- · Basic supplies
- Access to the Internet
- Copies of "Planting Vineyards" (p. 153)



Suitable for ages 9–adult

The practice of gardening

Directions

Take a copy of "Planting Vineyards" and follow the directions.

The article "Connecting with the Art" on page 8 provides background to this season's posters and art engagement ideas for individuals and groups. You might add an Art station and select one of the art engagement ideas.





Story and activities for the very young to use in church or at home.

A World of Love

A story based on Isaiah 65:17–25

Long ago, there was a prophet named Isaiah. God would speak to Isaiah and then Isaiah would tell the people what God had said.

At that time, many people were very sad. So many things were broken or destroyed. Their homes had to be built again. Their gardens had to be planted again. And many people stopped caring for each other.

Isaiah wanted people to feel better. "I have some good news," he said, "God has a wonderful dream for us."

"Some day, people will stop hurting each other.

"Some day, everyone will have a warm dry place to

"Some day, everyone will have enough food to eat.

"Some day, no one will be lonely anymore.

"Some day, there will be no more sickness.

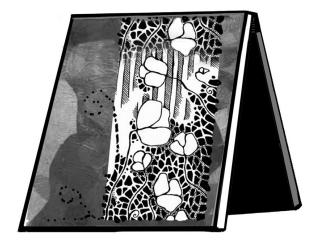
"Some day, everyone will live in peace – all the people and all the animals, even wolves and lambs, even lions and cows."

The people were so happy to hear about God's dream for the world.

Art Frame

Isaiah had good news for the people who were sad because things were broken or destroyed. They wanted things to be new again. We can turn broken or discarded things into useful things again, like turning discarded CD cases into art frames.

You will need an empty, clear plastic CD case; craft supplies to decorate the frame (stickers, old buttons, seashells and so on); art paper; card or heavy paper; scissors, sticky tape or glue.



Directions

- Carefully snap out the inner housing that holds the CD, you won't want to break the hinges.
- Take out any paper inserts from the CD, keeping the back insert as a template.
- If either the back or front insert is blank on one side, you might use this as your art paper.
- Cut your art paper so it fits just inside the case. Use the paper inserts as a guide.
- The front of the CD case will be the back of your Ashaped frame (see illustration).
- On your cut-to-size art paper, draw something that might be a reminder of God's world of love, such as flowers, friends sharing, heart shape, food to share.
- Cut some card so it fits in the case.
- Using glue or sticky tape, fix your drawing to the card.
- Slide the card into your frame remember the back of the CD case is the front of your frame.
- You might use sticky tape to hold it in your frame.
- Decorate the front of your frame with stickers, buttons, seashells, tinsel, beads, and so on.

Turning Sad to Glad

What are some things that make you sad? Write one or two ideas under the heading "I am sad when..." Then

think of how that sad could be turned to glad. Turn the page around and write your answer(s) under the heading "Sad to glad."

2ad to glad... I am sad when...