



Out In The Cold

(Unlock London Walk Workshop 28th April 2012)

Music tracks used:

Bridge Over Troubled Water (Simon and Garfunkel) - viewable at:

http://www.youtube.com/watch?feature=player_detailpage&v=H_a46WJ1viA

Out In The Cold (Judas Priest) - viewable at:

http://www.youtube.com/watch?v=NLtGvgKZ58o&feature=player_detailpage

Display:

- ✓ Images of exclusion
- ✓ Exclusion zone - "Keep out" sign and hazard tape surrounding a display of items to tempt and refresh walkers, eg chocolates, biscuits, wine

Tables for 5 "reflection/activity stations" placed around the room and labelled. Laminated cards available at each station with instructions but leaders also on hand where possible to encourage and guide.

NB: - A COPY OF EACH SET OF INSTRUCTIONS IS ATTACHED AT THE END OF THESE NOTES:

You will need:

- Laptop and projector (you can use a screen but projecting against a blank wall is just as good)
- A4 paper
- Paints and paintbrushes
- Clay
- Gemstones/glass beads
- A6 "welcome" cards (*copy attached at end*) and coloured pencils.

1. Unlocking real life stories:

Questions on laminated card placed on chairs in refreshment area (with pictures to stimulate thought) eg:

- Have you ever been excluded or missed out of something?
- How did it make you feel? (Unwanted? Unimportant? Unwelcome? Powerless? Worthless?)



2. Revealing the news of the down to earth Christ:

- The story of a woman left out: Hagar (Genesis 16 & 21) PowerPoint presentation using brick testament (www.bricktestament.com) - running on a loop.
- Music track (if required): Out in the Cold by Judas Priest
- Laminate card to accompany PowerPoint (for those viewing independently of facilitator):



3. Releasing life-changing skills and confidence:

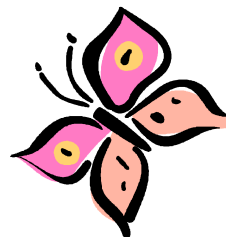
Craft activities (all instructions available on laminate card or verbally from facilitator)

Butterflies.

- Fold A4 paper in half to make 2 x A5. Then open up. In paint, write the word "welcome" along the fold.
- Fold the paper back together again and rub to transfer the paint from one side to the other. On opening up we have a butterfly - add feelers etc if you like.
- Take it with you or add to our montage.

- Message: A caterpillar spends time in a cocoon until it is transformed into a butterfly. Sometimes we spend time in our own wilderness, out in the cold. But when you know that God welcomes you just as you are, this is life-transforming and frees you to be who you are meant to be, giving you wings to fly!

This, in turn, leads to more experience.



4. Releasing life-changing skills and confidence:

Welcome cards:

- Note how the word "welcome" is in different languages.
- God doesn't leave anyone out in the cold but welcomes all.
- Colour in a card or just take with you.
- Or add to our montage.



5. Releasing life-changing skills and confidence:

Gemstones & clay:

- Take a gemstone, wrap it in clay and take it with you. (small plastic bags available)
- In a few days' time look back on what you have learned today. Knowing you are loved and welcomed by God just as you are is freeing. Do you feel free to be who you are meant to be? Break open the clay to release your treasure within.



Instructions for laminating:-

Station 1



Out In The Cold Unlocking real life stories:

- Have you ever been excluded or missed out of something?
- How did it make you feel? (Unwanted? Unimportant? Unwelcome? Powerless? Worthless?)
- Think about it or feel free to just chat to whoever you are with.

Where are you now?
The fears are coming back to me once again.
Oh, I wish you were here,
Taking good care of me.
I want you.
I feel as though I'm out in the cold.

Out in the cold.
Hear me calling.
Cold
Out in the cold.
Please rescue me.

Judas Priest "Out in the cold"
Songwriters: TIPTON /HALFORD /DOWNING
© EMI Music Publishing



Station 2



Out In The Cold

Revealing the news of the down to earth Christ:



The story of Hagar can be found in Genesis chapter 16 & 21
It represents many things. One of those is a story of exclusion.

Please view the PowerPoint:

- Hagar was used and then ejected to survive in the wilderness alone and with responsibility for her son.
- But God did not leave her struggling out in the cold.
- He sustained her in her waiting and in her wilderness.
- And freed her to be who she was meant to be - the mother of a nation!

- Jesus sustains and welcomes those who other people excluded e.g. Zaccheus (Luke 19:1-10) was excluded by his community because he was a tax collector but Jesus welcomed him and showed he too could belong in the Kingdom of God.

Station 3



Out In The Cold

Releasing life-changing skills and confidence:



Butterflies - instructions.

- Fold A4 paper in half to make 2 x A5. Then open up.
- In paint, write the word "welcome" along the fold. (You can paint your name if you prefer)
- Fold the paper back together again and rub to transfer the paint from one side to the other. On opening up we have a butterfly - add feelers etc if you like (paint them on one side and fold/unfold again).
- Take it with you or add to our montage.

Message:

- A caterpillar spends time in a cocoon until it is transformed into a butterfly. Sometimes we spend time in our own wilderness, out in the cold. But when you know that God welcomes you just as you are, this is life-transforming and frees you to be who you are meant to be, giving you wings to fly!
- This, in turn, leads to more experience.

Station 4



Out In The Cold

Releasing life-changing skills and confidence:

Welcome cards:

- Note that the "welcome" is in many languages. God does not leave anyone out in the cold but welcomes all.
- Colour in
- Or just take with you.
- Or add to our montage.



Hagar's story - Genesis 16 and 21:9-21

Station 5



Out In The Cold

Releasing life-changing skills and confidence:

Gemstones & clay:

- Take a gemstone, wrap it in clay and take it with you. (small plastic bags available)
- In a few days' time look back on what you have learned today. Knowing you are loved and welcomed by *God* just as you are is freeing. Do you feel free to be who you are meant to be? Break open the clay to release your treasure within.

