

PICK 'N' MIX

This resource is intended to provide a selection of ideas which can be used in different corps/family ministries settings. These activities can be used to adapt the Connect session for different groups and/or to highlight the Helping-Hand Appeal with the same group of people on more than one occasion.

Further activities and ideas will be added to this resource throughout 2022.

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FOCUS ON IDENTITY

Gender injustice feeds on the idea that women and girls are 'less' than men and boys; that they do not deserve equality and that it is acceptable to mistreat and abuse women and girls simply because they are female.

Yet all people are more than simply their sex or gender identity. The following ideas/activities are based around the idea of our identity - who we are as children of God.

Bible Verses

There is no longer... male and female. For you are all one in Christ Jesus.

Galatians 3:28 (NLT)



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So God created human beings in his own image. In the image of God he created them; male and female he created them.

Genesis 1:27 (NLT)

See how very much our Father loves us, for he calls us his children, and that is what we are!

1 John 3:1a (NLT)

UNIQUE PEOPLE BUNTING

All people are made in the image of God. We are all unique but equally loved by God. Think about what makes you unique. Is it your sense of humour, your smile, your interests?

Take one of the cut-out people and draw yourself as God sees you.

Once you have decorated the person as yourself, join it with a paper fastener to another cut-out person until you have a set of unique bunting to display.

Talk about: Yourself! Describe yourself to the rest of the group, highlighting your similarities to other people as well as the things that make you unique (the things that make you YOU!). Thank God for making you the way you are.

Note: *The outline provided for the cut-out is a gender-neutral body to allow people to customise it as they wish without typical stereotypes enforced.*

You will need: Cardboard cut-out people shapes (attached), items to decorate with (crayons, felt-tip pens, felt, beads, pipe cleaners, fabric etc), paper fasteners.

IDENTITY CARD

How would you describe yourself? What interests do you have? What hobbies do you enjoy? Where do you live?

Use the templates to create your own ID card. Draw a picture of yourself in the small square and add your fingerprint as well as special features about yourself, interesting facts and hobbies etc.

Talk about: Some women are treated badly simply because they are female – their opportunities are limited, they are dismissed, ignored and abused. They are treated a certain way because of their gender. But this is only one aspect of who they are.



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How would you feel if people treated you a certain way because of your gender? Do you think this would give a full picture of who you are and the potential you have? Do you think this is fair or just? What would you do about it?

GINGERBREAD DESIGNS

Prepare a simple gingerbread dough. Give people the opportunity to shape their piece of dough however they choose. Provide a selection of cutters and stencils. If you have the facilities to do so, bake the dough and eat the biscuits together as you discuss the following.

Talk about: We are all different, but we are equally loved and valued by God. What are some of the ways we can celebrate our differences and learn from one another?

SONGS

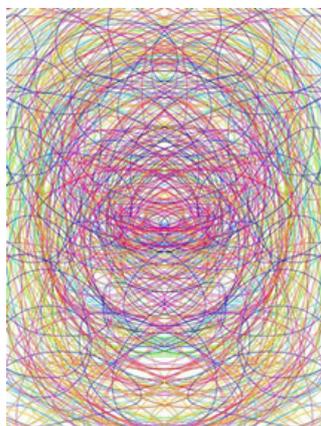
- '[For The One](#)' - Brian and Jenn Johnson
- '[Who You Say I Am](#)' - Reuben Morgan and Ben Fielding
- '[Child of God](#)' - Kathryn Scott
- '[Matter](#)' - For King & Country
- '[You Say](#)' - Lauren Daigle

ART AND CRAFT

SCRIBBLING

Some crafts can help us unpack thoughts and feelings. For children who have suffered trauma, enabling them to explore in a safe way is really important.

Scribbling - making spontaneous art - can help process angry thoughts and feelings. Have a go using pencils, biros or felt tipped pens or all three!



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DOODLING CIRCLES

Sometimes known as mandala, a Doodling Circle is an abstract design that is usually circular in form. In fact, "mandala" is simply a Sanskrit word that means "circle". Doodling Circles generally have one identifiable centre point, from which emanates an array of shapes and forms. They might also contain recognisable images that carry meaning for the person who is creating it, such as a flower, heart, paw print etc.

As with any doodling, creating a circle can be mindful time. Designing your own doodling circle can be both inspirational and therapeutic.

Using the template, and commencing wherever you like on the circle, begin with a shape which will become a repeating pattern. For example, if you draw a circle on one of the lines, be sure to draw it in the same spot on the other lines.

Repetition is a key element in creating this kind of doodle. As you draw more and more designs, your circle will start to look more complex.

The key is to take it slowly, drawing one shape at a time and going around the whole circle drawing that one shape in the right place.

Then you build on that shape by drawing other shapes around the circle in the same manner.

You can use one colour or many. It's your choice.

Think about: Which images do you like to use, angular or organic? Which colours help you enjoy the doodling most, pale or bright? Can the doodling circle help you as you pray?

COLLAGING

Collaging involves using scraps to make something beautiful – the art of reclaiming and redeeming.

Tear strips from magazines or newspapers and build up a different picture. Be aware of colours and textures that help create something recognisable or abstract. You might also want to write some notes about how the process leads your thinking, praying or wondering about things.



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DISCUSSION

'TABLE TALK' - GENDER

- Who do you think has life easier, girls or guys? Why?
- Do you think you were raised to view boys and girls as equals?
- Think back to your childhood – were there certain activities/tasks at home that only the boys/men would do and only the girls/women would do?
- Do you ever make judgments about others based on gender?
- Should boys and girls be brought up differently?
- How can we encourage the children in our lives – both girls and boys – not to focus on traditional gender stereotypes?
- What are your thoughts about violence being a family issue rather than a public issue?

'TABLE TALK' - RELATIONSHIPS

Watch Sofia's Story or read Elena's Story before discussing these questions as a group:

- What are your initial reactions to hearing Sofia's story?
- What are your initial reactions to reading Elena's story?
- How would you respond if someone tried to control or manipulate you?
- What are some expectations we have around romantic relationships that may allow violence and abuse to take place?
- In what ways can you make a positive impact on your family?
- What would you do if you found out your friend was emotionally, physically, verbally or financially abusing their wife or partner?

'TABLE TALK' - JUSTICE

- Where do our thoughts on what is right and wrong come from?
- What injustices make you angry?
- What might stop you getting involved in challenging the injustices of domestic abuse and violence against women and girls – especially in an international context?
- What would you be willing to do to promote gender justice in your own setting (home, work, college etc)?
- Do any of your thoughts and feelings about the issue of violence against women and girls surprise you?
- How can you respond to the injustices you have heard about through the Helping-Hand Appeal?



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BIBLE REFLECTION

Read 2 Samuel 13:1-22

In Tamar's story we find a rape which combines elements of incest and domestic violence. There is a conspiracy of men aiding and abetting the perpetrator of the crime and a male conspiracy of silence after the act. Finally, there is a raw form of retribution in the end, but this brutal act of revenge is done quite apart from the victim.

All power to act or even to speak is taken away from Tamar. In the end, the father to all three of the principle characters in this drama, as well as all his servants, are seen to mourn bitterly day after day, yet not for the victim, but for the rapist and his brother.

Tamar's story remains relevant. Her story has many comparisons to those we hear today:

- Tamar was sexually assaulted, not by a stranger, but by someone she knew
- The violation did not happen in a desolate, remote place. She was attacked by a trusted member of her family.
- Tamar resisted the advances of her half-brother, yet this was not respected
- When Tamar sought help, she was told to hush it up
- The process for achieving justice and restitution was taken out of her hands entirely and carried forward by her brother
- The perpetrator becomes the centre of the story, and the focus of concern

This is a story about the exercise of power and domination by a group of men. They exploit Tamar's kindness, culturally-instilled obedience and her upbringing to take care of the other.

There is little female agency in this story – no other women are even recorded as having a voice or coming to Tamar's aid. It became men's business; and in the end, it was Tamar's perpetrator for whom her father mourned, not for her. Indeed, the end of Tamar's story happens without her.

Whether the act is rape, sexual harassment, battery or the sexual abuse of a child, all of our approaches toward prevention, as well as intervention and healing, will fail until we recognize these not as acts of passion, lust or temper but as acts of power and aggression.

Discussion Questions

- What are the actions and responses of Tamar in this story?
- What are the actions and responses of the male characters in this story?

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Discussion Questions (continued)

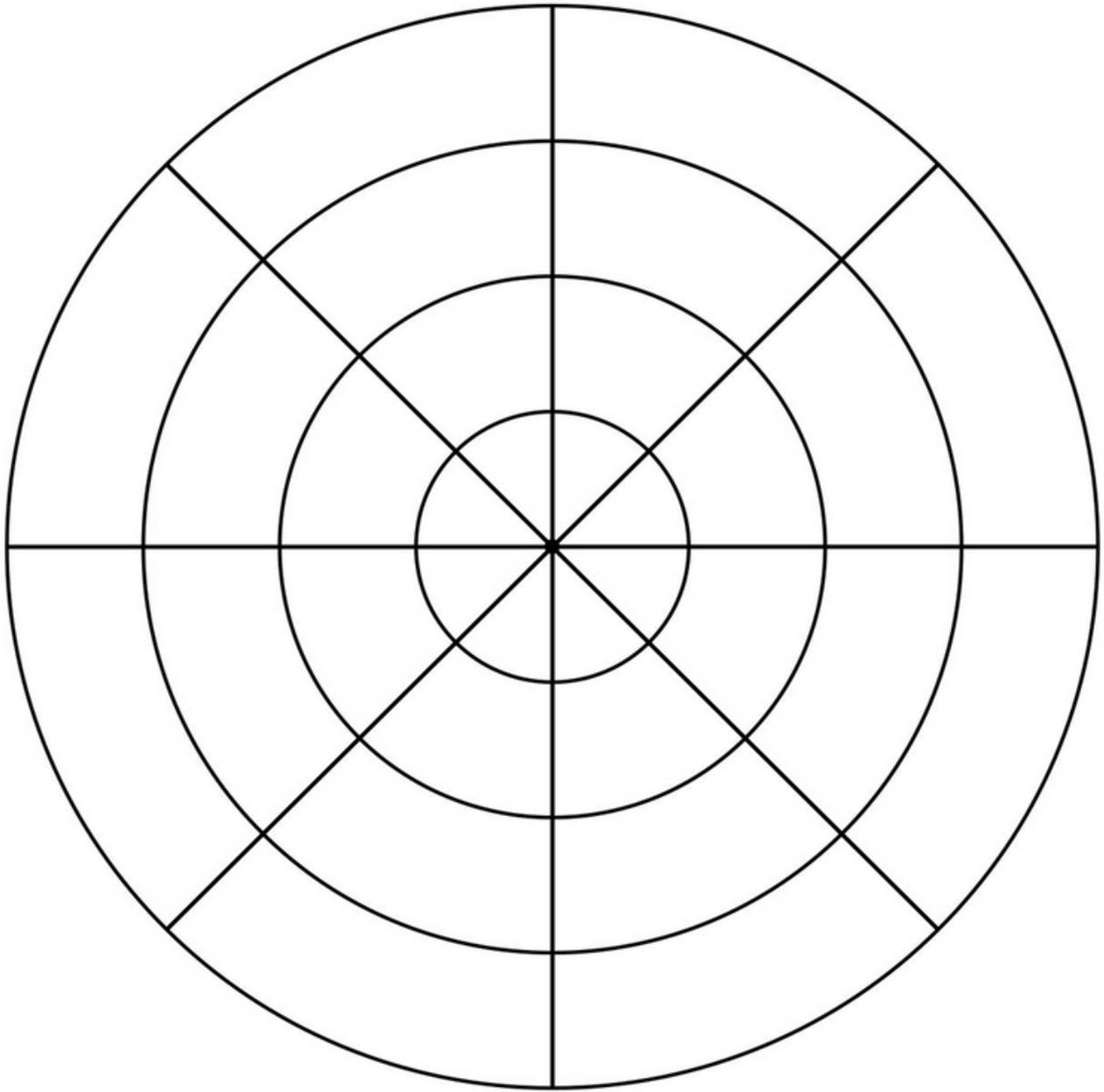
- Tamar attempted to speak out about her abuse but was silenced. What is the response to women today who speak out about abuse?
- How should a church respond when there is an incidence of rape in its community?
- How can we ensure that victims/survivors remain at the centre of their story?



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MANDALA TEMPLATE



IDENTITY BADGE

IDENTITY BADGE

Name

Place of Birth

Age

Eye Colour

Height



Hobbies

Interesting Facts

Fingerprint

UNIQUE PEOPLE BUNTING

