



Pilots is the non-uniformed organisation offered and supported by the URC and Pilots companies provide activities, games and challenges to suit all ages and abilities. To a local church Pilots can be a Mission resource, offering children and young people a safe place for self-discovery, faith development and an opportunity to find and respond to God.

The General Assembly of the United Reformed Church encourages all local churches to celebrate Pilots Sunday on any Sunday of their choice in June each year, irrespective of whether they have a Pilots Company or not.

This pull-out section includes suggestions and ideas which could be used prior to such a service and aid in the preparation for it.

You can read more about Pilots on their dedicated webpages: <https://urc.org.uk/pilots>

PILOTS – Friends on Faith Adventures

Session 1 – Our Body

OPENING PRAYER – Pilots Prayer or alternative from One Body resource book or:

We are friends together on faith adventures,
exploring our place in God’s Big Story,
journeying together with Jesus.

PLAY – Body picture relay race

see <https://insight.typepad.co.uk/insight/2008/01/the-body-of-chr.html>

This is a relay race where team members take it in turns to draw part of a big picture by each using a different colour crayon. You will need a big sheet of paper and a matching set of colouring pencils/wax crayons/felt tips per team

The Big Story (Bible Adventure)

Psalm 139 13 You created every part of me;

you put me together in my mother’s womb.

14 I praise you because you are to be feared;

all you do is strange and wonderful.

I know it with all my heart.

15 When my bones were being formed,

carefully put together in my mother’s womb,

when I was growing there in secret,

you knew that I was there—

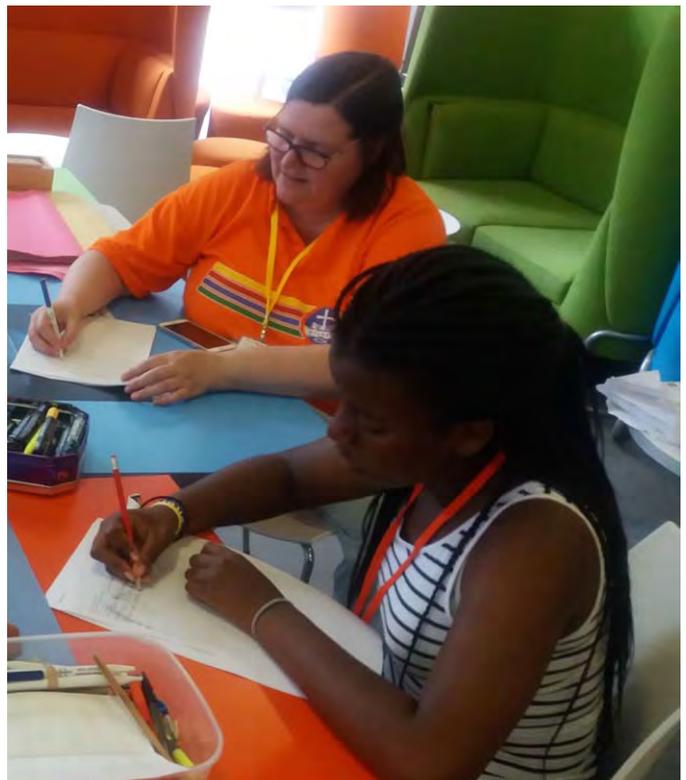
16 you saw me before I was born.

Taken from the Good News Translation® (Today’s English Version, Second Edition)

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PLAY – Body parts game

Place cards with body parts named on them around the room, one for each person in the group. Essential cards are: torso, head, neck, arm, leg, arm, leg. For more players, add in: ear, nose, mouth, hand, foot, eye. As numbers increase, add in fingers, toes, elbows, eyebrows, hair, fingernails, eyelashes etc. For non-readers the cards could have pictures rather than words. Players walk around the room and show their card to another player. If the body parts link up (e.g. torso and arm, foot and toe) then the players link arms or hold onto the other’s clothing. If they do not (e.g. hand and foot) then the players move on. The game continues until all body parts are connected.



Activities

https://www.youtube.com/watch?v=sJfyD3C_SMc – song: Fearfully and wonderfully made

Make your own Mr Potato Head – use a baking potato, PVA glue, pipe cleaners, googly eyes, paint, glitter glue, pompoms, wool, bits of cloth

Make a body flip book



Using a template so that the basic outline is the same, each person can decorate their own body outline in the way they choose. Then all the pictures are combined to make a flip book. You can find the instructions here:

https://www.firstpalette.com/Craft_themes/People/Body_Flip_Book/Body_Flipbook.html

Faith adventure

Discuss – if God made our bodies, what does that mean about how we look after them? Can you write an action prayer to say thank you to God for our bodies?

- What ways can you think of to use different parts of your body to do God's work? Can you write a prayer which could be used by a group of people or just for your own use, which focuses on different parts of the body in turn?
- If God made our bodies, why do some people have disabilities or have problems with parts of their body? What Bible stories do we know of which are about healing? What about when people pray but do not seem to be healed? Can you write an intercessory prayer on this theme?

Walking the Way challenge

Try to complete the 7-day-challenge from One Body resource booklet (page 14) during the week. How many can you do?

Closing activity and prayer

Twister Prayers – See www.godventure.co.uk/prayer-activities/twister-prayers for a prayer using the whole body

Five Finger prayers – made popular by Pope Francis – each finger of the hand can remind us of people we should pray for. When you hold your arms down by your side, the thumb is nearest to the body so the thumb reminds us to pray for those closest to us. The index finger points the way so that finger reminds us to pray for those who teach and help us. The middle finger is taller than all the others so that finger reminds us to pray for those who are in leadership or authority such as politicians. The fourth finger/ring finger is the weakest finger and cannot stand up on its own, so this finger reminds us to pray for those who are weak or need help. And the smallest finger, last of all, is for ourselves.

We go into the world to learn, pray and serve as part of the body of Jesus Christ. Amen



How does the image of the body help us think about disability?

Let's discuss

PILOTS – Friends on Faith Adventures Session 2 Our local church – many gifts

OPENING PRAYER Pilots Prayer or alternative from One Body resource book or:

We are Friends together on Faith Adventures,
exploring our place in God’s Big Story,
journeying together with Jesus.

 **Walking the Way challenge feedback** – how did the group get on? Share stories (leaders and young people).

Discuss – what is a gift or a talent? See if the dictionary definitions match. What gifts or talents do each person in the room have? Describe each other and/or themselves. Discuss what gifts or talents people in the church might have that would help them play their part in the mission of God?

The Big Story (Bible Adventure) 1 Corinthians 12, 12-26

12 Christ is like a single body, which has many parts; it is still one body, even though it is made up of different parts. 13 In the same way, all of us, whether Jews or Gentiles, whether slaves or free, have been baptized into the one body by the same Spirit, and we have all been given the one Spirit to drink.

14 For the body itself is not made up of only one part, but of many parts. 15 If the foot were to say, “Because I am not a hand, I don’t belong to the body,” that would not keep it from being a part of the body.

16 And if the ear were to say, “Because I am not an eye, I don’t belong to the body,” that would not keep it from being a part of the body.

17 If the whole body were just an eye, how could it hear? And if it were only an ear, how could it smell? 18 As it is, however, God put every different part in the body just as he wanted it to be. 19 There would not be a body if it were all only one part! 20 As it is, there are many parts but one body.

21 So then, the eye cannot say to the hand, “I don’t need you!” Nor can the head say to the feet, “Well, I don’t need you!” 22 On the contrary, we cannot do without the parts of the body that seem to be weaker; 23 and those parts that we think aren’t worth very much are the ones which we treat with greater care; while the parts of the body which don’t look very nice are treated with special modesty, 24 which the more beautiful parts do not need. God himself has put the body together in such a way as to give greater honor to those parts that need it. 25 And so there is no division in the body, but all its different parts have the same concern for one another. 26 If one part of the body suffers, all the other parts suffer with it; if one part is praised, all the other parts share its happiness.

Taken from the Good News Translation® (Today’s English Version, Second Edition)

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PLAY – Read the reading again as a game of Ladders (See Compass) with team members having the names of parts of the body mentioned in it.

PLAY – The Body of Christ Jenga : see <https://www.rotation.org/topic/body-of-christ---game-lessons-and-ideas>: Body of Christ Game Station

This game involves using Jenga bricks labelled with gifts and acts of service which could build up a church and then seeing what happens as the bricks are pulled out one by one.

Activities:

One church cupcakes – (Recipe opposite)

One body sketch – read the sketch and invent your own version

Decorate jigsaw pieces with a self-portrait and words to describe some of your gifts and talents – link these together and stick them onto a body shaped background to show how it needs everyone to contribute.

Faith adventure

Discuss – Paul wrote this passage from the Bible in a letter to a church where everyone was falling out with each other about who was most important. How does the idea of being the body of Christ help?



Walking the Way challenge

Commit to doing something with someone else as a team to play your part in the mission of God. Maybe you could help someone with the washing up, offer to do a job in church which uses your gifts and talents, share the load in carrying something heavy, encourage someone who's being left out on the playground to join in a game.

Closing activity and prayer

Lego Prayers – using Lego or Duplo, build a model which could be their local church or faith community. Write on the bricks with washable pen the names of people in that church. You could use different colours to represent different groups, organisations and activities that meet in the church. A leader could then draw the ideas together into a short prayer.

Circle of Paper Chain People see <https://www.instructables.com/id/Make-a-circle-of-paper-chain-people/> for instructions. As you turn the circle to each new figure on it, pray for yourself, neighbours, people close to you, people far from you, young people, old people, different countries etc.

We go into the world to learn, pray and serve as part of the body of Jesus Christ. Amen.

One Church Cupcakes

(Makes approx. 18 cakes)

Ingredients

The Treasurer - 6oz / 170g Margarine

The Church Secretary - 6oz / 170g Caster Sugar

The Church Elders - 3 medium Eggs

Jesus - 8oz / 227g Self Raising flour

The Minister - 1 teaspoon of vanilla essence

The People (e.g. Congregations, Pilots, Church helpers) – Cake cases

Decorations – Buildings/Communities

Buttercream (9oz / 250g of Margarine and 9oz / 250g of Icing Sugar)

Decorations – Cocktail sticks and small round pictures of crosses or if you prefer you could use the usual sugar cake decorations e.g. hundreds and thousands to decorate your cakes.

Method

1. Mix together The Treasurer and The Church Secretary until creamy, light and fluffy.
2. Beat The Church Elders together with a fork.
3. Slowly add The Church Elders to The Treasurer and The Church Secretary mixture.
4. Stir in Jesus to the Elders, Treasurer and Church Secretary mixture.
5. Mix in The Minister
6. Put The Church mixture into The People cases.
7. Bake in the oven at 425 °F/ 215 °C/ Gas mark 7 for 15 minutes.
8. Allow the Local Church Cupcakes to cool and then decorate them with The Buildings and Communities.

FUN FACT

It isn't possible to sneeze with your eyes open. Please don't try! It's nearly impossible to tickle yourself. Feel free to try...

ONE BODY DRAMA

- Narrator:** Ladies, Gentleman, boys and girls, it is our great pleasure that we bring to you a brand new production straight from wherever it came from... we present:
- R Hand:** You will be delighted!
- L Hand:** You will be amazed!
- R Foot:** You will be astounded!
- L foot:** You will be mildly amused.
- Narrator:** Come on, we haven't got long... we present:
- Mouth:** The Body!
- Brain:** THE BODY!!!
- Mouth:** I just said that. What did you...
- R Leg:** Well, *I* could have said it – but I didn't.
- L Hand:** No, you couldn't! You're a leg. You're just there to get the rest of us higher.
- Brain:** Yes, you haven't got a leg to stand on...see what I did there?
- L Leg:** That's not fair! Without us you wouldn't be able to climb up stairs to bed. Or skip, or run... Mouths only make noise. Lots and lots of noise. Empty barrels make the most noise, they say.
- Mouth:** Noise? NOISE? You think that's all I do? I'm very important! You'd all be lost without me. I take on fuel so that the rest of you can work properly.
- Stomach:** That reminds me: I'm hungry. Anybody bring any snacks? I've been empty for a while.
- Brain:** Oh dear, who invited the stomach along? Stomach should not be mentioned in polite society.
- R Hand:** All stomach does is grumble. Usually at the most inappropriate times.
- Stomach:** That's not fair. Anyway, it's your fault – you started talking about empty barrels and that got me thinking...
- Brain:** Thinking? Your job isn't to think. MY job is to think!
- Stomach:** I was thinking that I am empty. And when I'm empty it's important to let you know. So I'm letting you know and what are you going to do about it?
- Mouth:** Well, I think I can help you there, you see? You're hungry and all you have to do is ask me to eat and all will be well. That's how important and useful I am.
- L Hand:** Go on then, big mouth. Eat something.
- Mouth:** Well, I would...but I can't just eat anything. I need food.
- R Foot:** Well stop talking and get some food then!
- Stomach:** I'm still empty!
- R Leg:** Come on, Mouth. You keep saying how important you are. Sort it out.
- L Foot:** Or are you all mouth and no action?



Stomach: Excuse me! I'm still hungry!

Mouth: Just get me something to eat, then! One of you must have something...

R Foot: More than my job's worth, Mouth. I'm just a foot

Brain: And I can THINK about getting you food – but I can't actually, you know, GET you food

Mouth: I think this is a job for the hands...

L Hand: Nope, not my job. Try asking the other one. RIGHT Hand thinks he's the bees' knees.

Narrator: Don't bring knees into this! We had enough difficulty filling the roles as it is!

R Hand: How DARE you speak to me like that! I am the right hand! Everyone knows that when you describe someone important you call them the "right hand man"

Narrator: Or woman

L Leg: So get on with being important, then!

Brain: There's some food over there, right hand. Go and pick it up.

Stomach: Still hungry...

L Foot: I'm feeling a bit, y'know, faint...

R Foot: Me, too! And, since we support the rest of you, it'll look stupid if we're too weak

R Hand: But it's too far. I can't reach.

R Leg: Really? What are you looking at us for?

L Leg: Aye. We're only lower limbs.

L Hand: The food is fairly close to me but still out of reach.

Brain: Perhaps we could just move a bit nearer...

Legs & Feet: Move???

Brain: Yes. If you just move us over a little, left hand can pick up the food.

L Leg: Oh, I see. You're the big important ones but now you need OUR help and you just expect us to do what we're told.

Stomach: Hello? Hello? I'm still hungry! Is anyone listening?

Narrator: Ears? Ears? Nope, couldn't fill those roles either...

R Leg: I'm fading away

R Foot: I fear I might drop off if I don't get some energy soon

Brain: We need a plan. If someone could just pick up left foot and move him over there then perhaps right foot could follow and left hand would be near enough to grab some food.

L Leg: That'd be my job. If anyone's going to pick up left foot, it'd be me. And only me.

R leg: If you try moving left foot, I'll try moving right foot – but we need to hurry; I'm feeling very weak.

Narrator: And so left foot was picked up by left leg and, right leg readied right foot and, after a short argument about who should go first, they slowly but surely moved towards the food.

L Hand: That's enough, Legs and feet, I can reach it now. So what happens next?



- Mouth:** Idiot! Pick it up and give it to me!
- R Hand:** Woah, woah, woah! I think you'll find that that is MY job!
- Brain:** Perhaps left hand could pass it to right hand and we could get on with this!
- L Hand:** Okay – but you've got to remember that you need me to get this done.
- R Hand:** Right, here you go, mouth. Now remember your manners and don't talk with your mouth full.
- Narrator:** Is anybody else glad that it wasn't something that needed unwrapping? We'd've been here all night!

Silence while mouth eats

- Brain:** Ah! Peace at last! Stomach has stopped grumbling.
- L foot:** Yes, and I can feel the strength coming back
- R Foot:** It was a bit of a palaver, though, wasn't it? There must be an easier way of doing it. If only we could think...
- Brain:** Think? Think?! That is DEFINITELY my job. I've trained for it and, frankly, none of you are up to the task.
- L Hand:** Well, you say that, but I had to pick up the food – so we all played our part.
- L Foot:** And Left hand couldn't have done that if I hadn't helped to move across the room.
- R Foot:** If only we could work TOGETHER
- Stomach:** Unless I get food, the rest of you can't do what you're supposed to. You just get weak.
- R Hand:** And without me to feed the mouth you wouldn't get any food.
- L Hand:** So maybe we need to take a bit more care of the stomach and right hand ought to look after me so that I can pass things over
- L Leg:** And if you're good to me, and treat me with respect, I'll pick up left foot when we need to go and get food
- Brain:** But we must all do it together. There's no point left foot going one way and right foot going another – we'd never get anywhere!
- Narrator:** And so the body worked out that every part relied on every other part, that all parts were really useful and were needed and, working together, they could do lots of extraordinary, and fun, things.
- R Hand:** I can play the piano – so long as brain will think them out for me.
- L Foot:** And I can kick a ball and score goals – so long as Left Leg gets me to the right position.
- Stomach:** I'll keep the rest of you fit and energised so long as you feed me when I need fuel.
- Brain:** And if you give me strength, I'll try and think out the solutions to some of the little problems we face...
- Narrator:** And so the body learned that, by working together and being nice to each other, they could do amazing things together: Climb mountains, cross rivers, make music, paint pictures, build houses, raise children or, as St Paul once reminded the church in Corinth: 1 Corinthians 12. 12-22

PILOTS – Friends on Faith Adventures

Session 3 – Pilots as an arm of the church

OPENING PRAYER - Pilots Prayer or alternative from One Body resource book or:

We are Friends together on Faith Adventures,
exploring our place in God's Big Story,

Journeying together with Jesus.



Walking the Way challenge feedback – how did the group get on? Share stories (leaders and young people).

Brainstorm what the group knows about the story of Pilots. Perhaps the group could form a series of tableau illustrating the story. Talk about how the actions of the children in raising money for the ships were them being part of something bigger. How could today's Pilots play their part in the bigger story of God? Missionaries today do a very different job to that of John Williams. What do the group think might be the role of a missionary today – can they be described as missionaries too? Pilots are playing their part in the Mission of God.

The Big Story (Bible Adventure)

Ephesians 4:16

16 He makes the whole body grow and build itself up in love. Under the control of Christ, each part of the body does its work. It supports the other parts. In that way, the body is joined and held together.

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PLAY

- **Island Hopping** – (See Compass) You need one small mat or sheet of newspaper per player, big enough to stand on. Spread these out around the room. Players run around, avoiding these “islands”. When the whistle blows, each player has to find an island to stand on. After the first round, one island is removed while the players are running around so that, when the whistle blows, one player is left “at sea”. This player is now out.
When play begins again, the player who is out goes and stands on one of the available islands and stays there. The game continues until all the islands are inhabited.
- **Building game** – Players are in groups of four or five. The leader calls out the name of a building e.g. house, church, bridge, and the teams each try to make the shape of the building with their bodies.
- **Body tag** – The person who is “on” touches someone and that person then has to hold onto that part of the body whilst trying to help catch others.



Activities

Design a poster for your church showing what Pilots are all about.

Write a prayer to be used at Pilots each week which includes the One Body of Jesus's followers around the world.

Have an outline of a body and write or draw on it all the different gifts and activities you use the body for.

Discover the history of your church by interviewing someone, looking around to find any plaques or stones with dates on them, researching online and looking at local council records to see if you can find any mention of the church.

Make a boat (junk modelling). Collect lots of ‘junk’ (empty cartons, bottles, fabrics etc) and let your imagination run wild. Then find some water to float it.

Make a model of your ideal desert island (use sand, card etc as a base), or make one that is edible!

Find out about a Pilots company in another part of the country and write them a letter.

The song “Build up” is available on a Fischy Music CD <https://www.fischy.com/shop/build-up-cd/>

Faith adventure

The Bible reading mentions building each other up. Discuss ways in which we can do this – for each other within the group, as part of the church, as part of the local community. What words and actions build people up and what might have the opposite effect.

Discuss the benefits of building up other parts of the body – how does it help the whole body be joined and hold together?

Walking the Way challenge

Design and make a card which could have a message on it to thank someone who does something to build up their community, especially if they do it unnoticed (e.g. the people who collect your rubbish, the cleaner in the station toilets, the gardener at church). Try to deliver it to them secretly.

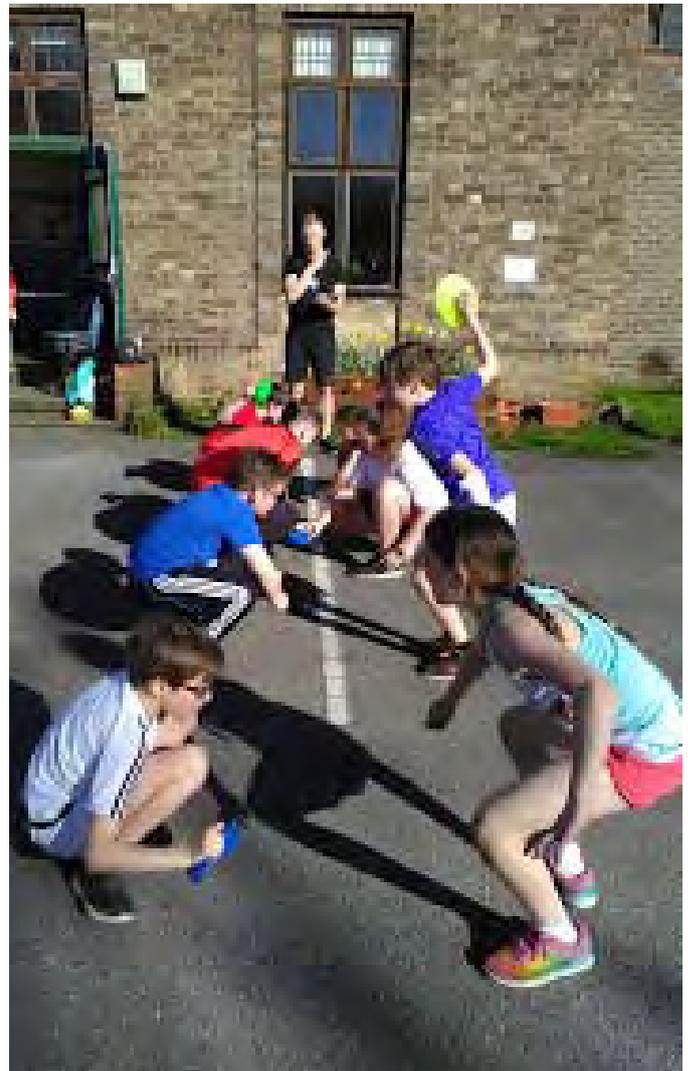
Do another for someone in your family or friendship circle or at school who might benefit from some encouragement or who deserves thanks.

Closing activity and prayer

Create a prayer wall or prayer tree/boat/body and display your written prayers on it. Include:

- Prayers for all Pilots and Officers wherever they are
- Prayers for the world-wide church
- Prayers for your friends and family
- Prayers for your friends and family at Pilots
- Prayers for your local church
- Prayers for your local area
- Prayers for your denomination and its leaders

We go into the world to learn, pray and serve as part of the body of Jesus Christ. Amen.



I wonder...

..What we can do to help other people know that they are important too?

PILOTS – Friends on Faith Adventures

Session 4 -The Body of Christ

OPENING PRAYER Pilots Prayer or alternative from One Body resource book or:

We are Friends together on a Faith Adventure,
exploring our place in God’s Big Story,
journeying together with Jesus.

 **Walking the Way challenge feedback** - how did the group get on? Share stories (leaders and young people)

Introduction – think about special meals we eat to remember special things – birthday cake to remember a birth, Easter Eggs, Christmas Dinner. Some meals are special because we gather together to eat them, too. Most Christians believe that communion (eating bread and drinking wine or juice) as a part of a church service is a way of remembering that Jesus is with us. Jesus was celebrating the Passover meal with his friends shortly before he was arrested and killed. Members of the Jewish faith celebrate the Passover with a meal every year. It commemorates the Jews being freed from slavery in Egypt.

Christians call this meal that Jesus had with his closest friend “The Last Supper” and we remember it by taking communion as part of a worship service because Jesus particularly asked us to remember him this way. We take communion at church to honour the sacrifice that Jesus made by dying on the cross so that our sins may be forgiven. And we remember that, although Jesus died on the cross, he rose again (at Easter) and is with us still. Bread is a really important part of people’s diet in all parts of the world.



The Big Story (Bible Adventure)

14 When the hour came, Jesus and his apostles took their places at the table. 15 He said to them, "I have really looked forward to eating this Passover meal with you. I wanted to do this before I suffer. 16 I tell you, I will not eat the Passover meal again until it is celebrated in God's kingdom."

17 After Jesus took the cup, he gave thanks. He said, "Take this cup and share it among yourselves. 18 I tell you, I will not drink wine with you again until God's kingdom comes."

19 Then Jesus took bread. He gave thanks and broke it. He handed it to them and said, "This is my body. It is given for you. Every time you eat it, do this in memory of me." Luke 22, 14-19

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PLAY – The King Says (see The Compass)

This game is the same as "Simon Says". Players must do what the King says but must not respond to instructions without the King's permission.

Craft, drama, music activities

Watch <https://youtu.be/SigoALSS1R8> a cartoon retelling the story of the Last Supper.

Make your own unleavened bread. It takes about 15 minutes to bake and there are plenty of recipes on the internet that tell you how. Or you can follow this recipe:

Ingredients: 1 cup of flour, 1/3 cup of vegetable oil, 1/3 cup of water, 1/8 tsp salt

Directions: Preheat oven to 425 degrees F/220 degrees C. Line a baking sheet with parchment paper. Mix flour, oil and salt together in a bowl. Add water and mix using a knife until dough is soft. Form dough into 6 balls and press onto the baking sheet using your hands. Bake in the oven until cooked – 8-10 minutes.

If you roll out the dough very thinly on the baking sheet and cook for a few extra minutes you will have made Matzo – a traditional Jewish cracker-bread.

While you are making it, talk about what you learned in the story and also how the individual ingredients mix together to form something new, each bringing something different to the mix.

Design a plate for a communion service with pictures on it of some of the stories of Jesus' life.

Write a prayer to say as grace for a meal.

FUN FACT

Hugging releases a chemical which helps to heal physical wounds and helps us to trust one another.

Let's discuss

If some parts of our body are essential for life (e.g. heart and lungs) and some parts are practical for living (e.g. hands and ears), are you an essential part of the body of Christ or a practical one?

FUN FACT

The number of chromosomes people have is 46. Peas on the other hand have 14, while crayfish have 200.

Faith adventure

Invite the minister or someone else from your church to share what they believe communion is all about.

Discuss – how old do you think you need to be to take communion and why?

- Do you need to be in church to celebrate communion?
- Why is eating together important for families and groups?
- Why do you think Jesus chose bread as a symbol for his body?

WALKING THE WAY CHALLENGE



Eat a meal together as a family around a table this week – everyone together and no distractions like TV or phones – and talk to each other. Remember to thank the person who makes the meal and to thank God for the food that we eat. Volunteer to do the washing up or load the dishwasher without needing to be asked.

Closing activity and prayer

Jellybeans prayer

Give each person five jelly beans or jelly babies of the colours mentioned below. As they eat each one, they should pray accordingly:

Green – thank God for one good thing in your life

Brown/Black – say sorry to God for anything you may have done wrong

Blue – pray for a friend or neighbour in need

Red – pray for someone you love

Yellow – ask for God's help with something that's worrying you or that you need help with

