

Go with Greta to Jamaica

Commitment for Life

The United Reformed Church Children

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This booklet was produced as a collaborative project between URC Children's, Youth and Intergenerational Work and URC Commitment for Life in 2026.

Contributors: We would like to thank CRAF (Churches' Reparations Action Forum) Jamaica for the provision of some factual information and photographs from their work in and experience of life in Jamaica, and Commitment for Life's the Revd Dr Kevin Snyman for photographs and information from a recent visit to Jamaica.

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Illustrations

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Bible References

Bible References – Unless otherwise indicated, scripture in Go with Greta is taken from the Easy-to-Read Version (ERV). Copyright © 2006 by Bible League International

Welcome to Jamaica

Welcome to URC Children's mission magazine from the United Reformed Church (URC) Children's, Youth and Intergenerational Discipleship, produced in collaboration with URC Commitment for Life is collaborating with CRAF on active reparative justice work with a particular focus on the "New Free Villages" initiative.

Greta Global is the mascot of Commitment for Life, and each year will invite children aged between five and ten to 'Go with Greta' to one of the regions that Commitment for Life supports. The material in 'Go with Greta' is designed for leaders to use in planning their sessions. For the 11 to 14 age range, we have '#connect 2', which emphasises the increasing focus on our inter-connected world as we aim to build and explore the relationship between each of the four regions, the people who live there, and ourselves as a Church and as individuals. Young people may choose to use this material independently, or leaders may use it in their planning.

Regions visited so far are Central America (Nicaragua), Israel and the Occupied Palestinian Territory, Zimbabwe and Transcarpathia – a region of Ukraine. This year's resource is all about Jamaica and Legacies of Slavery.

Why Jamaica

The URC has been on a focused journey of engaging with the legacies of transatlantic slavery since 2019. That is when our Legacies of Slavery Task Group was formed, to look at our history - the role played by our forebears in transatlantic slavery, but also to look at the present – the ways in which that history continues to shape lives today.
https://bit.ly/471NI26

After much consideration, research, and biblical reflection, the task group recommended that the URC *should* issue an Apology regarding transatlantic slavery and the URC's failure to dismantle the continuing injustices of racism and racial inequities today. It further recommended that we *should* offer some form of 'reparatory justice– practical outworking of the Apology, seeking to address at least some aspects of that which remains broken in our Church, communities, and world. Following a positive URC-wide consultation, General Assembly 2022 adopted a statement of Confession and Apology and committed the



URC to concrete acts of repairing justice. Assembly 2023 agreed a 3-strand approach to repairing justice:

1. Local (within the URC) - anti-racism training,
2. Regional (within the UK) - mentoring of young Black men,
3. Global - working with partners in the Caribbean and Africa to address issues they identify for themselves, in the ways they determine for themselves.



The United Reformed Church Children

Welcome to Jamaica



Revd Dr Gordon Cowans, Chair of the Reparations Task Force of the United Church in Jamaica and the Cayman Islands (UCJCI), reached out to accept our Apology and offer to support us in our journey. Through Gordon, we were introduced to the Churches' Reparations Action Forum (CRAF) Jamaica, with its 7-Point Plan for practically addressing the prevailing legacies. A close partnership has since developed between the URC task group and members of CRAF, and more broadly between the URC and UCJCI – hence, the joyful focus on supporting justice efforts in Jamaica.

Our part in mission involves learning more about the problems facing the poorest people, by listening to the stories told by our partners and learning about the issues. We can pray, asking God to send the Holy Spirit to bring about justice. And we can act by working for justice, using our voices and writing to our MPs, exploring the programmes offered by CRAF, and also by speaking up at school, work, in church and online. We can share our gifts and money to support the people in these regions.

Learn more by visiting:
Commitment for Life: **www.bit.ly/C4L_URC**
CRAF: **www.crafja.com**

This booklet provides material for six sessions, including an intergenerational celebration. This might be used by a group meeting weekly to form the basis of a half term's sessions. Alternatively, the material might be used for a holiday club, or an event over one or two days within your church. Each half of the magazine follows the same pattern, as this will allow mixed age groups to engage in the same theme but with slightly different activities. And, of course, you may wish to dip into both halves of the magazine for material to use. The booklet is available as a downloadable pdf at **https://bit.ly/46T4BvZ** where you will also find additional resources. A video to kick-start your exploration of Jamaica is also available on this page at **www.bit.ly/Greta_Connect_Youtube** This video is most suitable for the under 11 age group.

These two videos are intended for background information for leaders and those over 18. You can find out more about the legacies of slavery here: (Please be aware that this video touches on gender violence and sensitive issues). https://bit.ly/4dfEWB7

This video is shorter but is less graphic in its descriptions: https://bit.ly/4jjZVqr

Session 1

Here We Are

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Greta is off to Jamaica. Jamaica is an island and can be found between North America and South America and is surrounded by the Caribbean Sea.



The island is about 146 miles long. Parts of it are 22 miles wide and other parts are 51 miles wide, its landscape includes golden sandy beaches, rolling hills and busy towns. Kingston has been its capital city since 1872. Nearly half of the island is covered in mountains with the Blue Mountain Peak being the highest point. Have a look at a map to see what other towns you can spot and what other terrain it has.

A long time ago in 1494 Christopher Columbus claimed the island of Jamaica for Spain, a few years later in 1655 British naval forces captured Jamaica from the Spanish. Sadly, they didn't always look after the people very well, in fact Jamaican people were made to be slaves. This continued for a couple of hundred years until slavery was ended in 1834. Jamaica became an independent county once again in 1962. The original Indigenous people of Jamaica were the **Taíno** (often historically called Arawaks), who migrated from South America around 600–900 AD and named the island *Xaymaca* meaning '*land of wood and water*'



Several different languages are spoken in Jamaica but the most common are Jamaican English and Jamaican Patois.

Jamaica is hot all year round, but it can get chilly at night and at certain times of the year though it doesn't tend to get colder than 20° and often reaches into the mid-thirties in the daytime. The tropical climate is influenced by the sea and the northeast winds, which are strong throughout the year. Coastal breezes blow onshore by day and offshore at night. Rains are seasonal, falling mainly in October and May, although thunderstorms can bring heavy showers in the summer months, from June to September. June to Nov is 'hurricane season.



The Jamaican flag features a colourful design consisting of a gold diagonal cross that divides the flag into four sections: two green triangles at the top and bottom, and two black triangles on the hoist and fly sides. The flag was officially adopted on 6 August 1962, the same date that Jamaica became an independent country from the United Kingdom. The black colour stands for resilience, the green colour stands for hope and the yellow/ gold stands for the natural resources of the country.

The people of Jamaica are warm and hospitable, its history, creativity, and spirit of its people have created a vibrant and diverse culture. From the sounds of reggae to the vibrant art, dance, and culinary traditions, Jamaican culture promotes unity and embraces life.

Jamaica and the people who live there have had to find a way through many challenges, from having their independence taken from them, living through the sadness and tragedy of the slave trade and more recently the devastation which Hurricane Melissa brought when it hit in October 2025 – the difficulties of which will be felt for many years to come.

Bible Link Acts 17: 26

"*God began by making one man, and from him he made all the different people who live everywhere in the world. He decided exactly when and where they would live.*"

It can be difficult to read this Bible passage and live in a place that has difficulties however we can be reassured that God is with us and never leaves us.

- If God decided where and when people would live, what does it mean then if we move house or country?

Prayer
God, thank you for the vibrancy and diversity of the place where I live. Reveal yourself in the words and actions and faces of the people. Amen.



Active Prayer Globe
Lay out a map of the world or use a revolving globe. Place red dot stickers on the parts of the world that you know, green dot stickers on countries you'd like to visit and yellow dot stickers on the places you would like to pray for. Make sure at least one sticker is on Jamaica.

If you have a revolving globe, spin that as you pray. If it is a flat map make a circle round it and walk round it as you pray.



Greta Wonders:
- what the land where you live is like?
- if you'd rather live in hot country or a cold country?
- how many people you know of who are a different ethnicity or nationality to you?

Activity 1 Create your own Jamaican flag

You will need:
- A4 piece of paper with the lines of the flag pre drawn
- picture of the Jamaican flag
- green, yellow and black tissue/crepe paper or similar
- glue



What you do:
Use the picture as a guide to create your own flag by tearing or cutting the paper and sticking the right colours onto the right parts of the flag. You could attach a wooden skewer and display it in a pot of soil or play dough.

Activity 2 Jamaican Fruit Salad with Lime and Honey (Be aware of any food allergies)
Prep Time 20 minutes



Ingredients
- one papaya peeled, seeded, diced
- two mangos peeled, diced
- one pineapple diced
- two oranges
- ⅓ cup shredded coconut

Dressing
- ½ cup honey
- ¼ cup of orange juice
- ¼ cup fresh lime juice
- one tablespoon lime zest

Method
1. Rinse, peel, and dice the fruits into bite-sized pieces apart from the coconut. Grate some coconut.
2. Combine all the fruits in a bowl and set aside.
3. Prepare the dressing by whisking together the lime juice, lime zest, orange juice and honey, to your desired taste. (Optional) Add a pinch of cinnamon/ nutmeg.
4. Pour the dressing over the fruit mixture and place in the refrigerator.

https://bit.ly/3U43XZx

Action Point The people of Jamaica are very proud of their heritage. Think about your hometown and your home country. I wonder what it is that you love about your country and why. If you were having a celebrate your country day, what would you do?

Session 2

Growing up in Jamaica

The United Reformed Church Children

The Jamaican education system is very similar to the UK, and lessons are taught in English. The system is divided into several levels: early childhood education (one- to six-year-olds), primary education (six- to twelve-year-olds), secondary education, (12- to 17-year-olds) and higher education (17–19-year-olds). Education is compulsory for children between the ages of six and 17. Students study a wide range of subjects including English, Mathematics, Science, Religious Education, Physical Education, Art, and often Spanish, and have lots of homework.

In February 2026, Kevin Snyman (Head of World Justice and Inter Faith) visited Kingston in Jamaica and the Operation Restoration Christian School (ORCS). Kevin had the opportunity to chat to some of the children who lived there.

Home Life

The students that were interviewed lived in Kingston and in nearby Trench Town and Waterhouse. Kevin learned from them that their homes are typically built of concrete and that family life is important and central to the children's identity.



He learnt that many families struggle financially, and access to water can sometime be an issue, showing how climate with an increase in heat affects daily life.

Many of the children contribute to family life through chores in the home such as washing dishes and clothes, sweeping, cleaning, cooking and helping with siblings.

The children described their school as supportive and encouraging, and where students build each other up.

Leisure Interests

The most popular sport played by the group of children spoken to was football, although other games included tag, hopscotch, Roblox, and Free Fire. Dominoes is also a very popular game that is played.

Dominoes or 'Bones' as it is also called in Jamaica is a high energy game with lots of laughing. In Kingston, the game is being taught to toddlers as young as two years old. see **https://bit.ly/4yodOZb** It has been found that playing dominoes at a young age can aid in mental and social development and can stimulate and promote positive behaviour. This is because it involves line pattern and shapes as well as who, how, when, where and why.

Listening to music such as Reggae, or dancehall after school helps children and young people to relax and feel connected to friends and family.

What makes you proud to be Jamaican?

When questioned about what makes them proud to be Jamaican, responses included, culture, food, music, creativity and family. Jamaicans are described as being strong, talented and resilient.

Bible Link Psalm 104: 24

"Lord, you created so many things!
With your wisdom you made them all.
The earth is full of the living things you made."

Proverbs 22:6 [6] Teach children in a way that fits their needs, and even when they are old, they will not leave the right path.'

When we are young, parents and caregivers teach us good habits, e.g how to be kind, to love others and how to forgive. As you practise these things, they become a natural part of you and remain with you as you grow older.

Prayer Dear God, thank you for the grown-ups that you have placed in my life who help and guide me. Thank you for teaching me how to be loving, kind and to follow you. Please help these lessons stay deep in my heart as I grow. Amen.

Active Prayer Paper Heart Tree



Fruit trees in Jamaica produce delicious fruit that helps us grow. Invite children to add paper hearts to a tree as a prayer that they will grow in God's love.

You will need:
- piece of paper
- paper hearts or paper heart shaped post it notes
- pens or crayons
- glue

What to do:
Draw the trunk of a tree onto a piece of paper. On the trunk write **'Lord help me grow in….'**

Write one word on to each of the prayer hearts, such as love/ strength. Stick them onto the tree.

Prayer
Dear God, help every child to grow strong in your love. Guide them in the right way, plant your truth into their hearts and help them bear good fruit as they grow. Amen.



Greta Wonders:
- how you would describe your town, village, city to someone from another country?
- what leisure activities you enjoy playing with your friends?

Activity 1 Dominoes
Play a game of Dominoes. The goal is to get rid of your dominoes before anyone else. The rule of the game is simple – match the numbers.

You will need:
- a standard set of 28 dominoes (bones) which feature numbers ranging from zero (blank) to six.

What you do:
Two to four players each start with seven 'bones'. The rest are set aside in a pile called 'the boneyard'. The game begins by placing the heaviest double bone, e.g. double six in the middle of the table.



Players take turns in putting down a bone so that its number matches the ones on the end of the chain. When you place a double, it is placed sideways. If stuck and you do not have a matching bone draw one from the boneyard pile. The first person to get rid of all their bones wins. The Jamaican vibe includes 'The Slam', when a player makes a good move they slam the bone onto the wooden table.

Activity 2 Clay Ackee fruit

You will need:
- air dry clay
- paint
- brushes
- tools





What you do:
Using pictures or an actual fruit as a guide, mould the clay into an ackee fruit. It takes 24/48 hours for it to dry. It can then be painted.

Action Point
What wise choices can you make in practicing being kind, forgiving, helpful and loving to people living in your community?

You can find out about a child's experience of living in Jamaica here **https://bit.ly/47ggZ9z**

Session 3
Celebrating my country

The United Reformed Church Children



Although it is a small island in the Caribbean, its influence around the world is enormous. Jamaica is known worldwide for its rich colour, creativity, pride, food, music, cultural influence, and breathtaking natural beauty. Its national motto, "Out of Many, One People," reflects the way different histories and cultures have come together to shape one nation.



Beauty, Pride, and Belonging

Jamaica's flag, first raised on Independence Day in 1962, symbolises strength, creativity, hope, and the beauty of the land. For many people, celebrating Jamaica is also about honouring roots, remembering family stories, and keeping traditions alive. For example, Rose, who grew up in Jamaica, remembers walking through the countryside as a child, surrounded by mango and breadfruit trees, and feeling free and happy with her family and community. You can find out more about Rose's experience here: **https://bit.ly/3VfMduH** Celebrating Jamaica means recognising a nation whose people have made a powerful contribution to the world while holding on to deep pride in who they are and where they come from.

One student that attends the Operation Restoration Christian School in Kingston, Jamaica described visiting a waterfall for the first time and feeling amazed by the cool water and beautiful surroundings. Moments like these help people appreciate the world around them and feel close to nature.

Music and Culture



Music and culture are particularly important. Jamaica is the birthplace of reggae music, the Rastafari movement, ska, rocksteady, and dancehall.

Reggae became a global voice for hope, justice, peace, and resistance, and **Bob Marley** helped carry that sound across the world.

On a visit to the Operation Restoration Christian School in Kingston, many of the young boys said that they liked listening to reggae after school as it helps them relax and feel connected to their friends and family. Other music enjoyed by young people included Dancehall, a version of reggae music, it's not just for entertainment in Jamaica; it is also a way of expressing feelings and bringing people together.



Jamaican culture is also expressed through language, storytelling, faith, dance, and festivals. The island's creative spirit has helped shape fashion, performance, and identity far beyond its shores.

Food and Everyday Life

Jamaican food is another important part of celebration because it is full of flavour, memory, and family tradition. The national dish, ackee and saltfish, is a strong symbol of Jamaican identity. Other much-loved foods include jerk chicken, curry goat, rice and peas, fried dumplings, patties, and escovitch fish.

Sport and Achievement

Jamaica is also celebrated for its extraordinary achievement in sport. The country has produced some of the fastest runners in history, including **Usain Bolt**, **Shelly-Ann Fraser-Pryce,** and **Elaine Thompson-Herah.** Their success has made Jamaica a world leader in sprinting and has inspired young people everywhere to dream big.

Many children grow up dreaming of becoming athletes like Usain Bolt. One girl shared that she practises running every day in her neighbourhood because she wants to represent her country one day. These stories show how sport inspires confidence, determination, and big dreams.

Bible Link Psalm 104:24

Lord, you created so many things! With your wisdom you made them all.

This Psalm reminds us that God created all things. When Jamaica gained independence in 1962, the people wanted symbols that showed their strength, history, and amazing food. They decided the **Ackee** was the perfect choice, it tells the story of how the Jamaican people turned a difficult history into something beautiful, delicious, and uniquely their own.

Prayer Dear God, thank you for Jamaica, for its natural beauty, for its music, joyful and colourful culture and for its people who have inspired so many. Help us to celebrate your world with love, respect, and thankful hearts. Amen

Active Prayer Jamaica Prayer Leaf

Just like leaves are part of one tree, we may be different but are all part of God's creation.

Inspired by Jamaica's natural beauty, create a colourful paper leaf with a short prayer written on it.

Draw a leaf on a piece of paper. Colour it using Jamaican flag colours, Write a short prayer celebrating Jamaica in the centre. Add drawings around the edges. Put all the leaves together to make a 'Prayer Tree for a Jamaica' display.

Dear God, thank you for Jamaica for its beauty, music, joy, and colourful culture. Help us to love and celebrate your world. Amen

Action point Research the story behind the Ackee fruit.

Greta Wonders:



- what is your favourite food? How is it like something from Jamaica?
- whether you enjoy any sports?
- what is your favourite music? How does it bring people together?

Activity 1 Music

Play a short reggae or dancehall track (e.g. Bob Marley). Did you know that rhythm brings people together.

Ask children to clap, tap, or use simple instruments (sticks, drums, shakers) to copy the beat. Why not try and create your own reggae-style rhythm pattern.

Activity 2 Recycled Jamaican Cup Drum

You will need:

- paper or plastic cups (or clean plastic tubs work too)
- strong balloons (one per drum)
- rubber bands or tape
- craft supplies for decorating: construction paper, markers, or paints.

What you do:

Decorate the base. Invite the children to cover the outside of the cup with paper or paint with either the Jamaican Flag or vibrant patterns.



To make the drum skin, take a balloon and use scissors to cut off the narrow neck part, leaving the wide bowl of the balloon. Assemble the drum by gently stretching the remaining wide piece of balloon tightly over the open top of the cup.

Use a rubber band or strong tape around the rim to make sure the balloon stays firmly in place. The children can use their fingers, hands, or unsharpened pencils as drumsticks to practice making traditional Jamaican beats.

Action Point Choose one way to celebrate Jamaica this week, for example:

- Listen to a reggae song.
- Try a food or fruit that is found in Jamaica.
- Think about how you can celebrate and respect diverse cultures in your everyday life.

Session 4
Challenges I face

The United Reformed Church Children

Like every country Jamaica has had its fair share of challenges, from environment and climate issues to slavery and colonisation and violence and racism. But Jamaica is also a resilient country which has stories of triumph and heroes which are celebrated.

Climate change – a challenge for everyone

Climate change is affecting people and communities around the world, including in Jamaica. Hotter weather, changing rainfall, storms and floods can affect people's homes, food, water and everyday lives. In October 2025, Hurricane Melissa hit Jamaica, with many communities badly impacted and families having to leave their homes because of the damage. The URC launched an appeal to help people and communities recover and rebuild.

Climate change is a big challenge, but we can all do something to care for our planet and help each other.

Hurricane Melissa

Hurricane Melissa was a catastrophic Category 5 hurricane that struck Jamaica on 28 October 2025, becoming the strongest hurricane ever recorded in the country. Sadly 95 people died, 141 were injured and 27 are still missing. The hurricane was devastating. Research what has happened since this tragic day and what Jamaica has been doing to rebuild?



The United Reformed Church were pleased to hand over a cheque for £44,610.25, this money was raised to help with the rebuilding after the hurricane hit.

https://bit.ly/4rRhobW

God places people in the world who become heroes for other people. They can be everyday people, and they can be people who become well known. These heroes can give us strength. The Bible contains many encouraging stories and verses which can also give us strength and help us to feel fearless.

There are seven national heroes of Jamaica, people who helped to give a future and the power back to the Jamaican people. Two such heroes are Sam Sharpe and Nanny of the Maroons.

Samuel Sharpe (1801–1832)

Samuel Sharpe is one of Jamaica's National Heroes because he stood up for freedom and justice. He was part of the Baptist church and believed that everyone is equal in God's eyes and should be treated with kindness and respect.

Samuel helped lead a movement for freedom from enslavement in Jamaica. In 1831, around Christmas time, many enslaved people bravely stood together and took action against the unfair system they were forced to live in. Freedom was not simply given by those in power; enslaved people like Samuel Sharpe had to be brave, work together, and fight for change.

Today, Samuel Sharpe is remembered for his faith, courage, and belief that everyone deserves to be free.

Nanny of the Maroons

Nanny was a brave leader of the Maroons in Jamaica a long time ago. The Maroons were people who fought for their freedom. Nanny helped lead and protect her people when they were in danger. She was very strong, smart, and brave. During a war against the British, Nanny helped the Maroons hide in the mountains and use clever tricks to stay safe. The British soldiers found it hard to catch them because Nanny planned so well.

People told stories and sang songs about Nanny because they admired her. She became a symbol of courage and unity for the Maroons.

In 1982, Jamaica honoured Nanny by naming her a National Hero, one of the country's greatest heroes.

Bible link Psalm 46:1 – 3

"[1]God is our protection and source of strength.
He is always ready to help us in times of trouble.
[2] So we are not afraid when the earth quakes
and the mountains fall into the sea.
[3] We are not afraid when the seas become rough
and dark
and the mountains tremble. Selah"

Prayer

Loving God,

When things are difficult,
help us remember that we are not alone.

Help us to learn from the past
and remember the people who came before.

Help us to care for each other
and look after our world.

Show us how we can help,
even in small ways to bring hope to others.

Amen.

Active Prayer Wax painting

Another word for working through challenges is resilience. Resilience is when difficult things can happen in our life but yet we learn how to live with them and live life to the full. Wax crayons and paint don't mix well. Draw or write a prayer to do with challenges and resilience in white wax crayon or candle. Using slightly diluted paint, paint over the wax design. Watch as the wax is resistant to the paint and your prayer still shows through.





Greta wonders:

- why Nanny of the Maroons is one of Jamaica's National Heroes?
- who your hero is, and why do you admire them?
- what brave thing you would do to help someone?

Action point

I wonder what sort of things you and your group might be able to do to help raise awareness for this fundraising. Perhaps you could have a bake sale or spend an evening making bracelets to sell.

Activity 1 Recognising our strengths

Strong communities are built when we recognise and value the gifts and strengths each person brings. Sit in a circle and lay out a set of cards in the centre. Each card has a different strength or characteristic written and drawn on it (you may want to have multiples of the same card), such as:

- Hope
- Being brave
- Creativity
- Good listening
- Kindness
- Friendly
- Being fair
- Working as a team
- Encouraging
- Caring

You could also include blank cards, allowing people to add their own ideas for a characteristic.

Choose a card and think of someone in the group who shows that quality. Give them the card and explain why you chose them. Make sure that everyone has the opportunity to be recognised. Chat about what was surprising in this activity. I wonder how these strengths help build stronger communities.

Activity 2 Climate Action Charades

Write or draw different climate actions on small cards. Take turns picking a card and acting it out without speaking. Can everyone guess the action?

Ideas for cards:

- Plant a tree
- Grow food
- Save water
- Turn off lights
- Walk or cycle
- Reuse things

After the game, talk about how these actions could have a positive impact on our planet.

What actions could you take to help care for God's creation?

Here about how Claudettes faith helps her to stay resilient **https://bit.ly/4j1jZO8**

Session 5
Peacemakers

The United Reformed Church Children

A challenge is something that is difficult or something we need to work out. Challenges can be different for everyone. They might be something we experience ourselves, something our friends or community face, or something that affects people around the world. We might face challenges like learning something new, sorting out a disagreement, making sure everyone is treated fairly, or caring for our planet.

Bringing peace to difficult situations requires good listening, understanding, communication and often an apology. Slavery was a time when some people were treated very unfairly and forced to work without freedom. Although slavery ended, some of the unfair ideas, rules, and problems it created did not disappear. These lasting effects can still influence people's lives and society today and are called the "legacies of slavery." This is something that the URC felt was important to pursue and highlight.

Give a stone to each child and encourage them to drop it into a bucket of water. Observe how the water ripples illustrating that although slavery in Jamaica occurred many years ago the ripples are still being felt.

Responding to the legacy of enslavement: CRAF

A legacy is something from the past that is still part of our lives today. It could be a family tradition, a story, a song or something we have learned from people who came before us.

Some legacies are happy things we want to keep. But sometimes things from the past can create challenges for people today.

For hundreds of years, African people were taken from their homes and forced into enslavement. This meant they were made to work without freedom and were not allowed to make their own choices about their lives.

Eventually, this period came to an end, but its effects did not disappear. Some of the unfairness and inequalities created during this time continue to affect people and communities.

Today, organisations such as the Churches' Reparations Action Forum (CRAF) are working to remember this history of enslavement, understand its effects and make things fairer.



Windrush Generation

The Windrush Generation refers to people who moved to the UK between 1948 and 1971, mainly from the Caribbean. They came to the UK after World War Two because the British government asked for help to rebuild the country these individuals became British citizens. Their ideas, skills, and traditions have helped shape our country and the culture we share.

In the UK, African-Caribbean culture is everywhere and part of everyday life. It has helped shape British culture. We can see it in the foods we eat, the music we enjoy, and even in the words we use. This is because many people from the Caribbean who came to live in the UK brought their traditions with them.

Facts about Windrush

1. The ship 'Empire Windrush' was built in Germany.
2. The Empire Windrush arrived in Tilbury Docks in East London on 22 June 1948. It took three weeks to travel from Jamacia.
3. The ship carried 1,027 passengers mainly from the Caribbean.
4. Between 1947 and 1971, nearly half a million people travelled to the UK from the Caribbean. Many came from countries such as Jamaica, Bermuda, Trinidad, Grenada, Mexico, Barbados.
5. The new arrivals faced many challenges including finding accommodation, getting used to new foods, being called names because of their skin colour, and even the weather!
6. In the UK Windrush Day is on 22 June every year. There are often events, music, food, and stories to help everyone learn about this history.

Find out about Pat's experience of the windrush generation here **https://bit.ly/4xR0lrD**

Bible link Numbers 6: 24-26

"[24]May the Lord bless you and take care of you;
[25] May the Lord be kind and gracious to you;
[26] May the Lord look on you with Favour and give you peace."

Good News Translation® (Today's English Version, Second Edition) © 1992 American Bible Society. All rights reserved.

These verses are a blessing from God to the people. God only wants the best for us and wants only to show us kindness, love and peace.

Active Prayer Flower prayers
You will need:

- paper flowers
- bowl of water
- biros



What you do:
In the centre of the flower write peace. On each petal write where you would like Gods peace. Gently fold each petal into the middle of the flower (do not fold too hard). Place them on a bowl of water and watch them open as they absorb the water.

Prayer
Dear God, thank you that we are all welcome as your people. You call us all to play a part in helping and showing love to those in need and to make them feel welcome whatever their circumstance. Amen



Greta Wonders:

- how the people must have felt leaving their homes and the country where they were born?
- what you think the people might have had to leave behind when coming to the UK?
- what stories or traditions you would like people to remember?
- if you can think of something from the past that still affects your life today?

Activity 1 Suitcase of Memories



We have been learning about the Windrush Generation and how far the people travelled to get to England. I wonder what things they would have bought with them? What would you bring in your suitcase if you had to go on a long journey to a different place?

Draw or decorate a suitcase on paper. You may have pre-prepared suitcase templates.

Children can draw or stick pictures inside their suitcase (limit to five items).
Invite children to show their suitcase and explain why they chose those items and how they might feel going somewhere new.

Now explain that those who have five items need to choose one to leave behind as the suitcase is too heavy. Now explain that there isn't much room, so they need to leave behind another item, keep going until they have one item (or possibly two) left. Explain that when people need to leave their country, they often can only take one or two things with them.

Activity 2 Word Search
Read these clues out loud and have the children guess the word before finding it in the grid. The answers in the grid can be found horizontal and vertical.

W	I	N	D	R	U	S	H	E	O	S	I
F	C	J	A	M	A	I	C	A	L	C	A
R	A	E	N	G	L	A	N	D	E	E	N
I	R	U	S	H	I	P	L	O	X	A	S
E	I	N	T	C	O	M	M	C	N	D	L
N	B	L	J	O	U	R	N	E	Y	I	W
D	B	Q	E	S	E	S	S	E	X	F	O
G	E	S	H	P	I	O	N	E	E	R	N
O	A	C	L	S	S	E	N	O	J	O	A
E	N	G	A	Z	I	H	P	M	W	P	E

WINDRUSH – The name of the famous passenger ship that brought the families to Britain.
JAMAICA – The Caribbean island where many of the passengers lived.
PIONEER – A brave person who travels to a brand-new place to help build a future.
SHIP – What the families lived on during their long trip.
ESSEX – The county in England where the big ship docked.
OCEAN – The blue waters that the ship had to sail across for weeks.
JOURNEY – The name for a very long trip.
FRIEND – Someone you meet, play with, and help out in your new home.
CARIBBEAN – The warm, bright part of the world full of beautiful islands.
ENGLAND – The country where the passengers landed to start their new lives.

Action Point
Encourage your church to learn a different song/ hymn from Jamaica or from a minoritised culture represented in your church.

Black History for Kids:
The Windrush Generation – Little Crowns Storyhouse
https://bit.ly/4rM3Mib

Session 6

Intergenerational service

The United Reformed Church Children



Worship space

Consider how you could decorate the space you are using to reflect Jamaica and its heritage. Use bright colours. The colours of the flag are black, green and yellow. Could your musicians play some Jamaican songs as people arrive? If you do not have access to musicians, you could use CDs. Create a PowerPoint slide show of different pictures reflecting the nature and environment of Jamaica and that it is famous for. Perhaps hand out a quiz about Jamaica for people to do as they arrive, in coffee or for even in the service itself! Welcome those who arrive with the Jamaican phrase – Yur welcom fi cum in – You're welcome to come in.

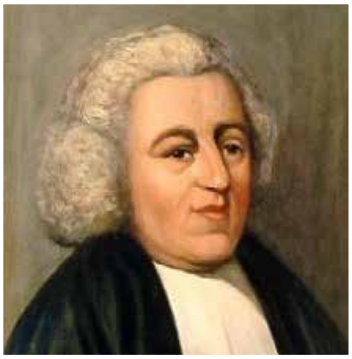
Song suggestions

National anthem for Jamaica

Like all countries Jamacia has its own national anthem. "Jamaica, Land We Love" is the official national anthem of Jamaica, adopted in July 1962. The anthem was chosen after a competition from September 1961 until 31 March 1962, in which the lyrics of the national anthem were selected by Jamaica's Houses of Parliament. When Jamaica was granted independence on 6 August 1962, "Jamaica, Land We Love" continued to be officially used as the national anthem. Is this something that could be sung during the service?

This link takes you to a video of it:
https://bit.ly/4j19YjQ

Amazing Grace



The song "Amazing Grace" was written in 1773 by John Newton, a former slave ship captain. After surviving a near-fatal storm in 1748, Newton experienced a spiritual awakening, left the trade, and began campaigning against slavery. The song's powerful message of forgiveness made it an appropriate anthem for enslaved people seeking forgiveness.

Chris Tomlin – Amazing Grace -
https://bit.ly/4ys0mn3

Carry me ackee

The classic Jamaican folk song "**Linstead Market**" also known as *Carry me ackee* tells the story of a mother who goes to market with her ackee fruit but fails to make a single sale, singing of how her hungry children have nothing to eat.

Linstead market by Jamaican kids songs
https://bit.ly/4y2lfmT

A Caribbean Hymn.
Words and music by Richard Ho Lung S.J.

Made famous by the Grace Thrillers

I Am The Way | The Grace Thrillers Lyrics, Meaning & Videos

Sing a New Song: No. 3 26. I am the way, the king of the victory | Hymnary.org

I am The Way

I am the Way, the King of the Victory
I am the Truth, the Lord of the Harmony
I am the Light, the Light of the world to be

Hosanna! I hold your hand my friend,
Hosanna! I give you strength my friend,
Hosanna! You walk the sea my friend;
We're sailing to victory!

Sailing (sailing), sailing (sailing)
Sailing cross the river, sailing!
Sailing (Jesus), sailing (sailing)
Sailing cross the river, sailing!
Freedom (brother), freedom (sister)
Freedom in the life of Jesus

Hosanna! I hold your hand my friend,
Hosanna! I give you strength my friend,
Hosanna! You walk the sea my friend;
We're sailing to victory!

I am the Vine, you shall abide in Me,
I am the River, you shall be cleansed in Me,
I am the Rock, you shall have life in Me
Hosanna! I hold your hand my friend,
Hosanna! I give you strength my friend,
Hosanna! You walk the sea my friend;
We're sailing to victory!

Sailing (sailing), sailing (sailing)
Sailing cross the river, sailing!
Sailing (Jesus), sailing (sailing)
Sailing cross the river, sailing!
Freedom (brother), freedom (sister)
Freedom in the life of Jesus

Hosanna! I hold your hand my friend,
Hosanna! I give you strength my friend,
Hosanna! You walk the sea my friend;
We're sailing to victory!

I am your God, rising in victory.
I am your brother, living in flesh with thee
I am your saviour, dying on Calvary

Hosanna! I hold your hand my friend,
Hosanna! I give you strength my friend,
Hosanna! You walk the sea my friend;
We're sailing to victory!

Sailing (sailing), sailing (sailing)
Sailing cross the river, sailing!
Sailing (Jesus), sailing (sailing)
Sailing cross the river, sailing!
Freedom (brother), freedom (sister)
Freedom in the life of Jesus

Hosanna! I hold your hand my friend,
Hosanna! I give you strength my friend,

Hosanna! You walk the sea my friend;
We're sailing to victory!

Refreshments

You could make this in advance or make it in the service.

Jamaican Ginger Beer

(Keep food allergies in mind)
Prep Time 10 minutes
Cook Time 10 minutes



Ingredients

- one lb Ginger (Ideally use Jamaican Ginger as it has an aromatic and pungent ginger flavour compared to other ginger)
- four large Limes
- 10 cups Water
- two cups Brown sugar *See notes*
- carbonated water (optional) *See notes*

Method

1. Thoroughly wash the ginger, removing the dirt, then chop it into pieces your blender can handle. Puree the ginger in a blender with two cups of water.

2. Pour the mixture into a large container that can be covered. Add eight cups of boiled water. (If you intend to use the carbonated water, only add three cups of boiling water.) Then leave it too steep for two-to-four hours. For the best result, steep overnight.
3. Strain using a fine strainer and a cheesecloth.
4. If you are using carbonated water, add five cups at this point. Then add the lime juice and sweeten to taste with sugar. Put to chill or serve cold.

https://bit.ly/3W2LpcF

Food

Bun and Cheese



Either make your own spiced bun **https://bit.ly/4AKQiXO** or buy a spiced cake from a local supermarket. Slice it up, butter it and fill with processed cheddar cheese. If you are able to shop in an authentic Jamaican shop you could try looking for taste cheese.



Fruit platter



Offer an array of different fruits which are especially found in Jamaica, these might include Ackee, Mango, Oranges, Passion Fruit, Watermelon, Bananas.

Activity: Jamaican Coconut Drops

(Be aware of any food allergies)
Prep Time 20 minutes - Cook Time 50 minutes

Ingredients

- one Large coconut (Choose a very dry coconut to get that nutty taste)
- two ½ cups dark brown sugar
- one Cinnamon leaf or stick (1/2 teaspoon of cinnamon powder will also work)
- ½ tsp Vanilla extract
- ¼ cup Grated ginger (Jamaican ginger is ideal for this recipe as it has an aromatic and pungent ginger flavour compared to other ginger)
- three cups water

Method

1. Break the coconut and remove the shell.
2. Wash and dice the coconut small square-like shapes, or you may prefer to grate the coconut using the large holes on a grater.
3. Add water, the grated ginger, cinnamon and diced coconut to a pot on the stove at medium heat and cook for about 20 minutes.
4. Add the brown sugar, vanilla extract and let this cook until the water is reduced to a brown syrup-like liquid that is not runny. (As the liquid reduce, ensure that you stir continuously to prevent burning.)
5. As the sugary liquid starts to get sticky, remove the cinnamon leaf/stick.
6. Once the sugar syrup gets sticky, quickly scoop the drops using a large spoon and place them on a banana leaf, parchment paper or foil in portions. Leave to harden and dry.

https://bit.ly/4yxnPDq

Activities

Origami Doctor bird



Jamaica is home to several hummingbird species, including the Red-billed Streamer tail, known as the Doctor Bird, which is the national bird of the island, here are some instructions on how to make your own using origami paper.

Follow this link for some detailed instructions
https://bit.ly/4hFcnhZ

Rasta Bracelets

Create a Rasta inspired bracelet– however you choose to do it, using yellow, green and black beads will best reflect Jamaica.

You will need:

- string or thin elastic
- beads of varying colours
- letter beads



What you do:
This is a good intergenerational activity as you may need someone else's help when it comes to keeping beads on the string/ elastic and when tying it off at the end. Measure out some string or elastic – ensure it will fit around your wrist with a comfortable gap and still have a few inches left over to enable you to knot the bracelet. Knot one end roughly two inches from the end of the string to ensure the beads do not come off. Think of the pattern you want to create, remember that you will be threading on the beads from end to beginning so if your pattern was to have the word Jamaica in it you would first thread the colours on and then thread a-i-c-a-m-a-j and then the rest of the colours. Leave enough room at the end to tie off your bracelet. If you are using elastic then just tie it off and leave it. If you are using string then ensure you have put a knot at the end of the beads. You will need to have some string left at the end to be able to tie and untie your bracelet from your wrist.

Plant a Chilli

What you need:
- Chilli seeds
- soil
- pots
- water
- sticky labels
- pens

What you do:
Decorate your label. Put some soil in the pot, push down a little as you go. Make a small hole in the middle of the soil using your finger, pop in the Chilli seed. Cover it back over with soil. Pour in a little water. Stick the label onto the pot.



Prayers

Chanting prayers

Alongside other prayers within the service, prayers which focus on the challenges Jamaica faces at the moment include some chanting/ response style prayers. This style of prayer is well known in Jamaica.

Explain that the prayer will be a call and respond in style but along with rhythmic tapping that all can join with. Ensure the words can be seen by all. The words of the first prayer are taken from Jamaica's National Anthem. Start a rhythmic tapping on knees or floor and encourage all to join. Once the rhythm is established begin.

Eternal Father, bless our land,
Guard us with Thy mighty hand.
Keep us free from evil powers,
Be our light through countless hours.
Knowledge send us, precious Father,
Grant true wisdom from above.
Justice, truth be ours forever,
In this land we love.
Amen
Amen

Be still and know that I am God
Be still and know that I am God
Be still and know that I am
Be still and know that I am
Be still and know
Be still and know
Be still
Be still
Be
Be