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