



## CHILDREN BROCHURE

MORAVIAN CHURCH – BARBADOS CONFERENCE  
 Provincial Theme: Advance the Kingdom: S.H.I.F.T.

- S. – Seek & Submit
- H. – Hear & Heed
- I. – Imagine & Insight
- F. – Focus & Function
- T. – Totally Transformed

Age: 13 yrs. & Over

### HEAR

July 5 – Safety

Scripture:

**Sing along with me:**

**How great is our God.**

<p>The splendor of a King          Clothed in majesty          Let all the earth rejoice          Let all the earth rejoice.</p>	<p>Age to age He stands          And time is in His hands          Beginning and the end          Beginning and the end</p>	<p>Name above all names          Worthy of our praise          My heart will sing          How great is our God</p>
<p>He wraps Himself in light          And darkness tries to hide          And trembles at His voice          And trembles at His voice</p>	<p>The Godhead Three in One          Father, Spirit, Son          The Lion and the Lamb          The Lion and the Lamb</p>	<p>Name above all names          You are worthy of our praise          And my heart will sing          How great is our God</p>
<p>How great is our God          Sing with me          How great is our God          And all will see          How great, how great is our God</p>	<p>How great is our God          Sing with me          How great is our God          And all will see          How great, how great is our God</p>	<p>How great is our God (2)          Sing with me          How great is our God          And all will see          How great, how great is our God.</p>

**Memory verse:**

**Psalm 4:5**

In Peace I will both lie down and sleep; for you alone, O Lord, make me dwell in safety.

**Scripture: *Let us read together***

## Psalm 23. New International Reader's Version (NIRV)

A psalm of David.

1 The Lord is my shepherd. He gives me everything I need.

2 He lets me lie down in fields of green grass.

He leads me beside quiet waters.

3 He gives me new strength. He guides me in the right paths  
for the honor of his name.

4 Even though I walk through the darkest valley,

I will not be afraid. You are with me.

Your shepherd's rod and staff comfort me.

5 You prepare a feast for me right in front of my enemies.

You pour oil on my head. My cup runs over.

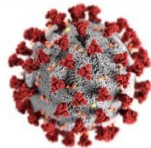
6 I am sure that your goodness and love will follow me  
all the days of my life.

And I will live in the house of the Lord forever.

### Message:

#### Let us talk about it:

We are back again. For the last three months the buzz words among friends were “*be safe*”. Those two words have been in front of us, behind us, and beside us. Why the concern? Corona virus - more specifically – COVID 19, an infectious disease caused by a newly discovered coronavirus.



This picture of the COVID 19 cell has been flashing before us over and over again. We were constantly being reminded to *stay safe*.

The COVID-19 virus spreads primarily through droplets of saliva or discharge from the nose when an infected person coughs or sneezes, so it's important that you also practice respiratory etiquette (for example, by coughing into a bent elbow).

Among the things that we have asked to do are (1) stay home, (2) wash your hands, (3) practice social distancing, (4) wear a face mask.



One of the first protocols we were given was to *stay home*. Why? Why was this order so important to everyone?

The corona virus became a pandemic. Now, what is that?

A pandemic is defined as “an epidemic that is spread worldwide, or over a very wide area, crossing international boundaries and usually affecting a large number of people”.

Okay, so what is an epidemic?

An epidemic is a disease that affects a large number of people within a community, a population, or even a region.

While we are at it, we can look at two more words that you may have heard:

An endemic is a disease that is spread among a particular set of people or country.

An outbreak is a greater than anticipated increase in the number of endemic cases. It can also be a single case in a new area. If it is not controlled, then an outbreak can become an epidemic.

So we found that this Corona virus is a very contagious disease. Another word – contagious –

That is - an [infectious disease](#) such as influenza or measles that is transmitted by contact with an infected person or infected bodily discharges or fluids such as respiratory droplets through talking or coughing, or by contact with a contaminated surface or object, or by ingestion of contaminated food or water.

The corona virus hit not only us in Barbados and the Caribbean but the entire world. Thus came our stay home, stay safe order.

The important thing was to *stay safe*. Stay away from the risk of contracting this dreaded disease. So you were ordered to stay home from school. Do not go out to play, you could not visit your friends. We became an *online* people, we talked to our friends *online*, we even went to school *online*. Some of you enjoyed that.

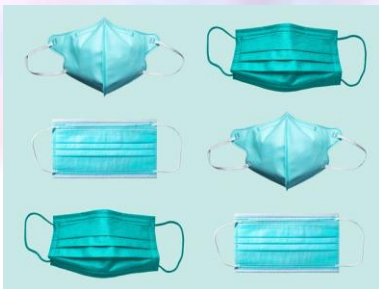
Our next order was *wash your hands*. You were even taught how to wash your hands. Washing your hands became very important in helping prevent the spread of the disease. Wash your hands. Remember the birthday song? Sing that while washing your hands. Not only washing your hands, but also cleaning surfaces that were touched by other people.



And then, it was sanitize, sanitize, sanitize.

Persons coming into the island and those who thought they had symptoms of the virus were tested. The most beautiful words to be told after being tested are - “*you are negative*”. Many people were sent into *quarantine*, and those who tested positive were put into *isolation* to protect the rest of us and keep us safe.

At last, we were allowed to go out and the next *stay safe* order was to *wear a face mask*, covering the nose and mouth, whenever you are outside. The purpose of wearing a face mask was to prevent you from breathing in other people’s droplets, and also from you spreading your droplets. In addition to this there is also the practice of *social/physical distancing*, so that you are not close to anyone to breathe in their droplets. Sanitize, sanitize, sanitize.



Remember, when wearing a mask, always wash your hands or use hand sanitizer before putting it on and then again taking it off.

Good news! It is believed that Barbados did very well in containing the spread of the virus, so lots of the restrictions have been lifted, but we still need to be safe. It is now alright to go to church – worship in a building, because we were having, like everything else, online church. You enjoyed that, didn’t you? After all you did not have to get up and get dressed. But in going back into the church building, we still have to observe certain protocols.

Now, we have been told that this is not the first pandemic to hit the world.

Catastrophes, like this, have always touched people’s lives. With these words, the prophet Jeremiah addressed a disaster of his time, centuries before the common era.

“*Death has come up into our windows, it has entered our palaces, to cut off the children from the streets and the young men from the squares.*” (Jeremiah 9:20)

In another narrative God sent plagues over Egypt. God sent ten plagues before the Jews were liberated from their slavery in Egypt.

One is the plague of boils (or sores) on human and animal bodies (Exodus 9:9). Despite this disaster, Pharaoh does not let the Jews leave. According to the story, Pharaoh himself is not infected by the sores, so that he can witness God's control: "I have let you live: to show you my power" (Exodus 9:16). In this story, sores are a sign of God's power.

In the new Testament, we read a lot about Leprosy. Leprosy is not highly infectious, and is not caused by a virus, like COVID 19. But it is transmitted via droplets, from the nose and mouth, during close and frequent contacts with untreated cases. People with Leprosy were cast out the city walls, to protect others from contracting the disease. Even then, people recognized the value of being safe. Stay far from people with leprosy.

Other diseases that have plagued us are diseased like Cholera, the Asian flu, The Spanish flu, and more recently Ebola. The Ebola virus can be transmitted by direct contact with blood, bodily fluids, or skin of patients or individuals who have died of the disease.

The psalmist, David, in Psalm 23 assures us that we can be safe in Jesus' arms. He examines all the protection that we get from God. In our memory verse, we learn that the Lord will help us to dwell in safety.

We expect that the Corona virus will be with us for a long time to come. Let us protect ourselves as we follow the given protocols and *stay safe*.



**Let us pray:**

Lord God, I pray for Your protection. You are our hiding place, and under Your wings we can always find refuge. Protect us from trouble wherever we go, and keep evil far from us. Heavenly Father, you know that we are in the midst of so many and great dangers, and that by reason of the weakness of our nature we cannot always stand upright: Grant us such strength and protection, to support us in all danger, and keep us safe as we learn to live a life surrounded by the Corona Virus.

This we ask through your Son, Jesus Christ. Amen.

Activity:

### **Hear Safety Quizz.**

In this quiz you will be asked about different safety issues associated with being at home.

Some questions are multiple choice, some are true/false and some are yes/no.

Answer all the questions. Ask your friends to join you in taking the quiz and compare your answers.

#### **A. Safety on the internet.**

*You are at home and spending a lot of time online - at school, chatting with friends or just watching movies.*

1. I am online and I meet someone my age in a chat room. Is it OK to give him or her my address or phone number so that we can get together?  
a. Yes      b. No
2. I have a digital picture of myself. Someone I met online wants to see it. Is it OK to send it to the person?  
a. Yes      b. No
3. I have visited a site from a company or organization that I was told about. They want my name or phone number so that I can enter a competition that it has. Is it OK to enter?  
a. Yes      b. No
4. I am in the middle of a chat session and someone says something really mean. Should I  
a. Respond by saying something mean to the person.  
b. Ask the person to apologize.  
c. Don't respond. Tell it to an adult and let them deal with it.
5. My parents and I have established rules to what I can do on the internet when I'm at home. When I am at my friend's house, should I go by my parents' rules or do whatever my friend does?  
a. Go by your parents' rules.  
b. Do whatever your friend does.
6. I am online and I get a message from my internet service provided asking for my password. They say that they need it to fix my account. Should I give it to them?  
a. Yes      b. No.

#### **B. Safety in the Kitchen**

*You are at home and are often expected to assist in the kitchen.*

7. It is safe to eat leftovers that have been in the refrigerator for 2 weeks or more.  
a. True      b. false

8. It is dangerous to cover a dish of food with aluminum foil and the put into the microwave for heating.
- a. True
  - b. False
9. When you are handling hot pots, pans, or baking trays, you should wear oven mittens or pot holders.
- a. True
  - b. false
10. Which of the following is **NOT** a symptom of food poisoning?
- a. Upset stomach
  - b. diarrhea
  - c. purple spots on your skin
  - c. fever
11. You can get sick from eating raw meats and uncooked fruits and vegetables.
- a. True
  - b. false
12. What should you do with hot food before putting it in the refrigerator?
- a. Put some salt in it and then put it straight in the fridge
  - b. Heat it up a bit more and then put it in the fridge
  - c. Let it cool down a bit before putting it in the fridge
  - d. Put it in the fridge the following morning
13. The main ingredient of Yogurt (yoghurt, youhourt – different spellings in different countries) is
- a. Milk
  - b. Almonds
  - c. Soybeans
  - d. White sugar
14. Eggs can be cooked in many ways. Which egg dish are you cooking if you beat the eggs with a little milk before putting them into the hot pan, and continue to mix them while cooking?
- a. Boiled eggs
  - b. Poached eggs.
  - c. Scrambled eggs
  - d. Souffle
15. Ketchup makes lots of foods taste better – French fries, eggs, chicken, pasta. What is the main ingredient in Ketchup?
- a. Red bell peppers
  - b. Sugar
  - c. Tomatoes
  - d. Vinegar

**Remember:**

- *Do not use the cell phone in the kitchen.*
- *Wash the tops of drink bottles or soda cans before drinking from them. Better still use a straw or pour the drink into a glass.*

**C. Safety on the streets**

Now we can go out. Be safe about it.

16. A very important item that should be worn whenever we are travelling in a car. What is this?

- a. Boots                      b. A crown                      c. A watch                      d. A seatbelt.

17. Is it safe for a driver to turn his radio up to all while driving?

- a. Yes                      b. No.

18. The gas coming out the muffler of a vehicle is called exhaust. What dangerous gas does exhaust have in it?

- a. Carbon dioxide                      b. Carbon monoxide  
c. Sulphur dioxide                      d. Oxygen.

19. A person driving when they are sleepy can be as dangerous as driving when they are drunk.

- a. True                      b. false

20. If a stranger should offer you a ride to school in his car, you should

- a. get into the car, and hope it is safe.  
b. get into the car and tell him not to hurt you.  
c. say no and tell him you are waiting for the bus  
d. thank him and get into the car.

END OF QUIZZ

(Answers next week)





(Answers from last week)

Possible solutions

<i>letters</i>	<i>wisdom</i>	<i>knowledge</i>		<i>understand</i>	
<b>3</b>	<i>dim</i> <i>mow</i> <i>sow</i>	<i>led</i> <i>now</i>	<i>owe</i> <i>own</i> <i>won</i>	<i>eat</i> <i>ear</i> <i>end</i>	<i>nut</i> <i>tea</i> <i>ten</i>
<b>4</b>		<i>edge</i> <i>down</i> <i>glee</i>	<i>knee</i> <i>know</i> <i>need</i>	<i>nest</i> <i>rest</i> <i>sure</i>	<i>tear</i> <i>read</i> <i>used</i>
<b>5</b>		<i>endow</i> <i>kneel</i>	<i>ledge</i> <i>lodge</i>	<i>dread</i> <i>nurse</i> <i>stand</i>	<i>turned</i> <i>tread</i> <i>under</i>
<b>6</b>		<i>glowed</i> <i>golden</i>	<i>legend</i> <i>longed</i>	<i>nature</i> <i>traded</i>	<i>sudden</i> <i>sundae</i>
<b>7</b>				<i>daunted</i> <i>stunned</i>	
<b>8</b>				<i>stranded</i>	
<b>9</b>				<i>redundant</i>	

