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BEGINNER'S COURSE

4-5 years

GRADE I

LESSONS

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SPECIAL INSTRUCTIONS TO TEACHERS OF GRADE I

CHILDREN 4 TO 5 YEARS

During the first seven years of a child's life the Nature Forces are occupied chiefly in establishing correct lines of growth in the physical body and in providing protection needed by the higher vehicles — the vital body, the desire body, and the mental body — which are still in the process of gestation.

The positive pole of each of these vehicles is dormant, but the negative pole, the *receiving pole* is wide open. Therefore, the whole being of the child under six years of age is occupied in absorbing the impressions of its environment. These impressions, good and bad, are built into the very substance of the forming vital body and are the important factors in determining the lines of growth for the physical body, as well as the habits to be followed in later life. The sensitive nervous system registers every note of harmony or discord. Harmony adds power to the cosmic rhythms which build health and strength into the little physical body and lay the foundation for future progress, while discord and confusion break up these rhythms and interfere with their constructive work.

The chief mission of the teacher, then, to the children of this group, is to surround them with the vibrations of love, joy, beauty, peace, and sincerity, and to protect them from all that is discordant or false. Needless to say, the attitude of the teacher here should be gentle, tender, protecting, motherly, but happy, alive, and alert.

The lessons provided for the children of this group will plant in their unfolding consciousness the seeds of the fundamental truths which are being considered from month

to month by the entire Sunday School. These seeds consist of a series of impressions, which, if given out by the teacher with love and understanding, will grow and blossom in their lives.

The lesson material, as given, is to be talked over with the children, and the symbol of the Star Angel of the month drawn for them. Allowing them to copy the symbol will help hold their interest and keep them occupied — which is an important point. At this age, the child is a little bundle of restless energy, and in Sunday School means must be provided for the proper release of that energy — in songs accompanied by rhythmic movements, in frequent changes of position and occasional stretching exercises. This is important not only for the effectiveness of the Sunday School work, but also to the general well-being of the children.

In this group there should be absolutely *no forced memory work*. This rule should be sacredly observed, for a violation of it could do untold damage by forcing the vital body to a premature growth. Verses, words of songs, etc., can be taught by constant repetition — which allows the child to take his own pace at learning them.

At this age, children are incapable of fixing their attention upon anything that is not in some way concerned with action. Therefore all direct teaching should be in story form, with pictures or blackboard drawings to illustrate it and with frequent changes in the manner of presentation. They are also deeply self-centered and are fascinated by everything that relates to themselves, so the wise teacher will allude to the various members of the class by name and will find ways of connecting the lesson with their individual lives.

Do not be disturbed if the day's lesson is immediately forgotten — the vibration of it has been absorbed and will do its work. The constant repetition of the notes of love and harmony will also have their full effect, for when these

notes are sounded, invisible messengers of God are there to impress them indelibly upon the unfolding consciousness of the little ones.

INTRODUCTION TO BEGINNERS COURSE

(Note: This preliminary explanation should be given to each child coming to Sunday School for the first time.)

Do you know why you have come to Sunday School? Perhaps you will say it was because Mother, Father, Auntie, or Grandma brought you here. But there is a *very* much bigger reason than that and I'm going to tell you about it now. You came to learn about — God! (Speak it with awe and reverence.)

You see, God is the great Father of everybody and everything in the whole wide world. He loves us all so much that He wants us to know about Him — wants us to learn how to find Him and how to hear His voice because He has such wonderful things to tell us — secrets that will help us to be happy always and to make everybody around us happy.

How do you suppose He tells us these secrets?

He has beautiful Star Angels who whisper them to us, *in our hearts*. When you look up at the sky at night you can see the light of these beautiful Star Angels shining there. They seem very far away, don't they? But because God's love is shining through them they are really always near us — just as God is always near us. We cannot see Him in the same way that I see you and you see me, but He is hidden everywhere. It is His love that makes the Sun so bright and the sky so blue and beautiful; His love that makes the grass grow and the flowers bloom and the birds sing. And, He does want us to love Him as He loves us!

Won't it be wonderful to learn about Him?

LESSON SUGGESTIONS FOR CAPRICORN

GRADE I — FIRST SUNDAY

Today I am going to tell you about the great Star Angel who is bringing God's love to us this month. His name is Saturn. Can you say that name with me? Saturn! Whenever we want to talk about Saturn, we make a sign on the blackboard like this: ♄.

So whenever you see that sign you will know it means God's great Star Angel Saturn, won't you? Sometimes after dark, you can see him shining in the sky — if you know just where to look. And what do you suppose Saturn is whispering in our hearts right now? It is — "Stop and think!"

"Stop and think." Do you want to know why he says that to us? I'll tell you. It is because we always have to think *some* kind of a thought before we do *anything*. If we think a good thought, then right away we want to do something good. That makes us happy and helps to make everybody around us happy; but if we think a bad thought, right away we want to do something that is naughty. That gets us into trouble, doesn't it? — and it always makes us unhappy.

That is why Saturn comes to whisper in our hearts "Stop and think". For, you see, he loves us very much — just as God does, and he does want us to be good so we can always be happy. That is why, too, we say in our Rose Chain:

"Today I will think good thoughts,
Then I will do only good deeds."

Do you remember that?

And now tell me, what is the name of the great Star Angel who is bringing God's love to us this month? ("Saturn.")

And what is he whispering in our hearts? (“Stop and think.”)

GRADE I — SECOND SUNDAY

You remember, don't you, about the great Star Angel Saturn who is whispering God's word in our heart this month? And what is he saying? (“Stop and think.”) Well, suppose we stop and think this morning. Let's think about something in this beautiful world that we live on. What shall it be — flowers? Everybody loves flowers, so let's think about flowers.

We'll play that we have a seed — just a little brown seed. We don't know what kind of a seed it is but we'll dig a hole and put it in and cover it up. It is all warm and dark down there in the Earth and the little seed is sound asleep. But after awhile something happens; for in that little seed is a tiny spark of God's light and life and love, and in that tiny spark is a picture of just the kind of plant the little seed is to grow into. More than that — there are the dearest little fairies hovering about to help the seed to grow into the lovely picture God has made for it.

So, when the seed has slept awhile in the ground and has been warmed by the Sun and wet by the rain, something *moves* inside, and out pops a little shoot. The fairies work hard on that little shoot, helping it to grow and push its way up — until all of a sudden it pops its little head out of the dark ground into the air and the sunlight!

I think the fairies must laugh and clap their hands when that happens, don't you? Anyway, they are busier than ever then, for they have to make the stalk green and to help the little leaves to unfold and then — I think they must like this part best of all — they put the lovely colors in the buds and help them to open out into the beautiful flowers that we love so much,

Where do you suppose the fairies get the colors to put in the flowers? Out of the sunlight! All the colors of the rainbow are hidden in every ray of sunlight and the fairies know how to get just the colors that they need for every flower. If you love the flowers very much and are very, very good you may sometime see these dear faithful little fairies who work so hard and so happily to make God's pictures come true.

GRADE I — THIRD SUNDAY

Who remembers the name of the great Star Angel who is whispering God's word to us this month? ("Saturn.") And what is he telling us? ("Stop and think.")

Why does he want us to stop and think? Do you remember that? ("Because he wants us to think only good thoughts, so we will do only good deeds and be always happy. That's the reason.") Then, too, Saturn wants us to think about the things that are going on around us in this beautiful world we live in, because *he* knows that if we do so we will find out the wonderful secret that God *is everywhere*.

You remember the little seed that we thought about last Sunday, and how it had in it a tiny spark of God's life and light and love, and the picture of just the kind of a plant it was to grow into? You remember? Well, I want to tell you that every single thing you look at has that little spark of God in it — the rocks and the flowers, the trees, the animals — *everything*. That's why we say that God is everywhere. Now I want you to guess something. Do you think He is in *you*, too? Of course He is! The spark of God's life and light and love in you is brighter than the spark in the Earth and the plants and the animals. The most wonderful thing about that spark of God that lives in your body is that it is YOU! Can you imagine that? You see, your body isn't you at all — it is the house YOU live in. I don't want you *ever* to forget this won-

derful secret, so every now and then I am going to say to you: "Is your body YOU?" And you will all say, "No" just as hard as you can.

Shall I ask you now? All right. Are you ready? Is — your — body — YOU? ("NO.")

Of course it isn't you. It is only the house you live in. Be sure you don't forget for some day I'll ask you again.

GRADE I — FOURTH SUNDAY — REVIEW

LESSON SUGGESTIONS FOR AQUARIUS

GRADE I — FIRST SUNDAY

What do you suppose has happened since last Sunday? Another of God's beautiful Star Angels has begun to whisper a new message to us. Would you like to know his name and what he is saying to us?

Well, his name is Uranus. Shall we say it all together so we shall be sure to remember it? Uranus!

His sign is made like this: ♅. And his message is: "Let's be friends."

Isn't that a nice message? "Let's be friends."

Are you friends with everybody? And you? And you? (Asking the different children.)

It isn't always easy to be friends with everybody, is it? And it is because we are all so different.

Did you ever see two little girls or two little boys who were just exactly alike? Sometimes when they are twins we may think they are just alike, but if we look very closely we can always find something that is different.

It is the same with the plants and the animals. Every single leaf and flower is a little different from every other leaf and flower, and every cat and dog and horse is in some way different from every other cat and dog and horse. You watch — and see for yourself.

Sometimes there is only the least bit of difference but

that tiny bit keeps them from being just alike, doesn't it?
Shall I tell you why that is?

You remember, don't you, about the little spark of God that is in everything — in the rocks and in the plants and in the animals?

Well, the reason everything we see is different from every other thing is that the little life spark in each one is trying its best to be its very own self and to do the work God gave it to do in its very own way. But God wants all of them to be friends all the time, so He sends His great Star Angel Uranus to whisper to us: "Let's be friends."

GRADE I — SECOND SUNDAY

Who is the beautiful Star Angel God is sending to us this month? His name is Uranus and his sign is made like this: ♅. Isn't it?

And what does he whisper to us? ("Let's be friends!")

God *does* so want us to be friends all the time with everybody.

You know what happens sometimes when one little boy or girl wants to play with a toy and another little boy or girl wants to play with it, too. One holds on to it and says, "It's mine — I got it first." And the other little boy or girl says "No, it's mine — I want it." Then they try to pull it away from one another and get all angry and excited and don't like one another at all.

They are not being friends then, are they? They are not happy either. And oh, *my*, the kind of thoughts they are sending out would not be a bit nice to look at!

Well, just suppose now that this happened to you and all of a sudden you remembered about Uranus saying, "Let's be friends."

What would you do? (Get the children's answers.)

It could all be fixed in just a moment. Couldn't it?

You could say: "Oh, don't let us fight about it. Let's take turns playing with it. You take it first and then I'll take it . . . Maybe we could find a way of playing with it together."

Right away you would both be happy again.

So don't forget, will you, that when things go wrong there is always a happy way out if you just remember to be friends.

GRADE I — THIRD SUNDAY

Who remembers the name of God's great Star Angel who is whispering to us this month? ("Uranus".)

And what is he saying to us? ("Let's be friends.")

Last month I told you a secret about your body — a secret that you were to remember always. I said I was going to ask you a question about it every now and then and you were going to answer that question all together just as hard as you could. Do you remember?

Well, this morning I am going to ask that question. Is everybody ready?

Is — your — body — *YOU?* ("NO.")

Then who are you? ("A spark of God's life and light and love.")

And what is your body? ("It is the house I live in.")

That was fine! And I think the next time I ask that question *everybody* will remember.

And now suppose we talk again about being friends.

You would be surprised if you knew how many, many friends we have that we never see at all. God's wonderful Star Angels are our friends, for they are loving us all the time and helping us night and day to become better and better children of God. They are helping each one of us to make come true that beautiful picture that is hidden in our very own life spark — the spark of God that is You and the spark of God that is I.

Working with these great Star Angels are many, many other helpers of God — the dear little people who work in the rocks and the earth, the water, the air, and the fire.

If you love these dear little helpers of God who are working all around us, you may see them. That is — if you are very, very good. Just being friends with everybody is one of the very best ways of being good.

GRADE I — FOURTH SUNDAY — REVIEW

LESSON SUGGESTIONS FOR PISCES

GRADE I — FIRST SUNDAY

What do you think God is doing for us this month? He is sending us *two* loving Star Angels to whisper His message in our hearts.

One is the great Jupiter whose symbol is made like this: ♃, and the other is Neptune whose sign is made like this: ♆.

You will have to practice a lot to be able to make both of these nicely, won't you? But I know you can do it.

Now, what do you suppose these two beautiful Star Angels are saying to us? Jupiter says, "Be Kind!" Neptune whispers, "Sh! Listen! God is calling." Isn't God good, to send us two beautiful messengers at one time?

You see, He loves us so and is so kind to us that He wants us to be loving and kind to everybody, too. He wants you, first of all, to be kind to the dear father and mother who take such good care of you. What do you think is the best way of being kind to them? (Get expressions from the children.) I'll tell you the best way. It is to *mind* them and always do what they ask you to do even though you may want *very* much to do something else.

Would you like to know why Neptune says, "Sh! Listen! God is calling!"?

It is because we can hear God's voice in our hearts only when we are very still.

You know that little voice that always tells you when you are being naughty and when you are being good? Well, that is God's voice in your heart helping you to be true and kind and sweet and good. You see, He wants you to be always happy, and He knows that you can never be really happy unless you are good.

His love is around us all the time, but it is only when we are very still that we can feel it. That is why we try to be so still when we sit before the Rose Cross and send our love to Him.

We want to be sure to remember what it is that the great Star Angels are telling us this month, so let us say it all together.

Jupiter says, "Be kind!"

Neptune says, "Sh! Listen! God is calling!"

GRADE I — SECOND SUNDAY

Who remembers the names of the two messengers God is sending to us this month? ("Jupiter and Neptune.")

Who remembers what they are saying to us? (Jupiter says, "Be kind!" and Neptune says, "Sh! Listen! God is calling!")

Last Sunday we learned the best way to be kind to Mother and Father. Have you tried it? And didn't it make them happy?

But tell me this: are Mother and Father the only ones you are to be kind to? Of course not. I knew you would remember that. God wants us to be kind to *everybody*, doesn't He?

What about the animals and the plants? Do you suppose He wants us to be kind to them, too? Indeed He does, for the little life sparks in them are our younger brothers. They haven't waked up quite as much as you

and I, so God wants us to take good care of them and help them whenever we can.

I'll tell you what happened to a little girl I know. In the garden around her home there were some baby fir trees standing all in a row; some of these fir trees were strong and healthy and grew quite fast. But there were two little trees that were weak and couldn't seem to keep up with the strong ones which had grown quite a bit taller than they.

This little girl knew about the life sparks in the trees and about the gnomes and fairies who made the green leaves and helped them to grow, so she said to her mother: "Oh, Mother, let's help the poor little trees to grow." So she and her mother began to love them and talk to them every day. And what do you suppose happened? They stretched out their little green branches and began to grow faster than the strong ones so that they caught up with them in a very short time.

Isn't that a good example of what love and kindness can do?

GRADE I — THIRD SUNDAY

Have you remembered Jupiter's message all week, "Be kind!"? Did you try to be kind to everybody? To your pet dog or kitten or bird too?

Oh, that is nice. How about Neptune's message "Sh! Listen God is calling!"

Did you listen for that little voice way down in your heart — the voice that always tells you what is good and what is bad?

Whose voice is that? ("God's voice.")

Yes, it is God's voice — helping us to do what is good and to keep from doing what is bad. When you listen to this dear voice and try to do what it tells you there will always be a happy little song in your heart that will make people love you and want to be near you.

Now, I'll tell you something else about this happy

little song in your heart — it will help to make your body strong and well, as the love the little girl and her mother sent out to the little fir trees made them strong and well.

Your body is the house you live in, so you want to take good care of it, don't you? One of the very best ways of taking care of it is to keep that sweet singing in your heart, for that holds the door wide open and lets God's love come in. Ugly feelings stop that sweet singing right away and shut the door tight so that God's love can't get in, and then that wonderful body that He and His Star Angels helped you to make begins to get out of order.

The great Jupiter and Neptune know this and that is one of the reasons why they whispered to us to be kind and to listen for God's voice in our hearts.

And *now* I'm going to ask you that question. You know — the one that you answered all together. So get ready. Is everybody ready? All right then. "Is — your — body — *YOU?*" ("NO.")

Then who are you? ("I am a spark of God's life and light and love.")

And what is your body? ("It is the house I live in.")

GRADE I — FOURTH SUNDAY — REVIEW

LESSON SUGGESTIONS FOR ARIES

GRADE I — FIRST SUNDAY

A different Star Angel is bringing God's message to us this month. His name is Mars. Let's all say that together: Mars. Mars' sign is made like this: ♂. Mars has a very important message for us, too. He says, "Do it! Do it!"

What do you think it is that God wants us to do? (Wait for children's suggestions and discuss them briefly.)

You know, God has some very wonderful secrets that

we can learn about, but the best way to learn them is to go out into the country where it is very peaceful and quiet. So let's pretend that we are going for a walk in the country right now.

During the winter months the woods have been very still, and all the green growing things have been sound asleep. But something must have happened to wake them up, because now we see all kinds of things going on. Remember how dark and bare all the branches of the trees were in winter? Now look at them! They are starting to get big, fat buds, and tiny, pretty little green leaves. And underneath the trees new green grass and flowers are popping out of the earth.

If you watch carefully, you will see how the rabbits and the squirrels are scurrying about busily, and how the birds are flying back and forth with twigs and leaves for the new nests they are building so that their babies will be cozy and warm when they hatch from their eggs.

Our friends in the woods certainly don't seem very sleepy now. What do you suppose has happened? (Let them offer suggestions.)

Yes, they all woke up and wanted to start doing things. And the reason they did is that Christ touched every little Life Spark in every plant and every animal with His love, and called to it, "Wake up! Wake up! Spring is here, and it's time to grow and build nests and be happy."

There is a big secret that not too many people know, and it is this: Every spring Christ touches *us* with His love and calls to us, too, just the way He does to the animals and plants. He tells us to wake up too, and do the things that will make us happy and good. That is why, every spring, we *feel* like doing things, and sometimes we are so full of energy we are surprised at all that we can do.

And that is why God's Star Angel Mars is whispering to us, "Do it! Do it!"

GRADE I — SECOND SUNDAY

Who remembers the name of the great Star Angel who is whispering God's word to us this month? ("Mars.") And what is he telling us? ("Do it! Do it!")

Now, who remembers the big secret we talked about last week? ("That Christ has called to all of us to wake up and do the things that will make us happy and good.")

Let's see what some of these things to do might be. I'm going to mention a few things that children sometimes do, and I'd like for you to tell me if you think they are things that God wants us to do.

(Mention the following things, and others that might come to mind during the discussion, and have the children tell whether they are worth doing, and why.)

Being obedient to parents and teachers. Doing our best work at school. Coming to Sunday School. Thanking God for His blessings. Being especially quiet and good when parent or someone in the house is sick. Sharing toys. Playing nicely with other children. Being kind to pets and other animals. Telling parents once in a while that we love them. Learning all that we can so that we can grow up to do a lot of good work here on God's Earth. Taking care of our bodies, wearing proper clothes in cold weather, eating right food.

Yes, boys and girls, God wants us to do all these things and many more, so that we can learn all the lessons we should, and help other boys and girls to learn their lessons, too. And that is why Mars keeps reminding us to "Do it! Do it!"

GRADE I — THIRD SUNDAY

What is the name of our Star Angel for this month? ("Mars.") And what is he telling us? ("Do it! Do it!") That's right.

Last Sunday we talked a lot about some of the things

that God would like us to do. Who can remember some of them? (Let children mention some of the points previously discussed.) That's very good, and maybe when you are home this week you will think of even more things that we can do.

Now, boys and girls, I'd like to tell you about something that God wants very much for us to do, that we did not talk about last Sunday, and that is: always, always, have good thoughts.

There are two kinds of thoughts that we can have — good thoughts and naughty thoughts — and both are knocking very hard at a little door in our mind to get us to let them in. Now of course you know that there are not really and truly any doors in our minds like the doors in our houses. But there is a little place in our mind that *acts* just like a door, and we can either open it up and let things in, or keep it closed and keep things out. And do you know, we are the only people who can open or close the doors in our minds. I can't ask you to open or close the door in my mind, because you couldn't do it. And not one of you can ask me to open or close the door in your mind, because I couldn't do it. It's up to each one of us alone to decide if we're going to let the good thoughts in and keep the naughty thoughts out, or let the naughty thoughts in and keep the good thoughts out instead.

The good thoughts are knocking at the door very hard, because they do so much want us to do the good things that they tell us. But the naughty thoughts are knocking just as hard, because they think it would be so much fun to have us do the naughty things that they tell us, and then watch us get into trouble and feel bad.

The good thoughts bring us happiness — and they help us make other people happy, too. The naughty thoughts bring nothing but trouble for us and for our friends. That is why, whenever we hear a good thought knocking at the door, we should always let it come in, and

whenever we hear a naughty thought, we should tell it to *go away* and not come knocking at our door any more.

And what is it that the Star Angel Mars tells us when we are wondering if we should let the good thoughts in? (“Do it Do it!”)

GRADE I — FOURTH SUNDAY — REVIEW

LESSON SUGGESTIONS FOR TAURUS

GRADE I — FIRST SUNDAY

This month, the Star Angel who has a message for us is called Venus. Let’s say that together: Venus. This is the way we make the sign for Venus: ♀.

Venus has a specially beautiful message for us. It is, “Little Children, love one another.” Let’s all say this important message together: “Little Children, love one another.”

Now this message means that God wants us all to love each other, and that is just what Christ Jesus told the people when He was talking to them. When He said “children,” He meant *everybody* — boys and girls, mothers and fathers, grandmothers and grandfathers, teachers, doctors, and policemen, and farmers — and every single person on Earth — because we are *all* God’s children. God wants *all* His children to love each other.

Those of you who have brothers and sisters know that when you have an argument with one of them and maybe don’t speak to him for a while, it makes your parents very sad. They want so much for all their children to love each other, and when you have an argument with your brother or sister and then don’t speak, it certainly looks as though you don’t love each other at all.

Now think how sad it must make God, who has so *many* children, when He sees some of them fighting or

saying bad things about each other or showing in some other way that they don't love each other. God Himself loves us all so much — much, much more than you or I could ever imagine. He loves us so much that He gave us our beautiful Earth to live on, our dear parents to take care of us, the furry, fluffy puppies and kittens that are our pets, the good food we eat, and other wonderful things.

We do all want to thank God for loving us so much and giving us so many blessings. And the very best way to do this is to do the thing that would make Him happiest — to love each other, and every single person we meet, just as hard as we can, and to do good things and have good thoughts every day.

GRADE I — SECOND SUNDAY

Who is God's Star Angel this month? ("Venus") And what is Venus saying to us? ("Little Children, love one another.") That's right. Let's say that again one more time, because it is one of the most important things we have to learn. ("Little Children, love one another.")

When you came to Sunday School this morning, what did you see? (Let children tell what they saw and direct conversation to include references to beauties of Nature — sky, flowers, trees, birds, etc.)

Yes, we saw all these very beautiful things, and now I'll tell you why they are so beautiful, and why we like them so much. It is because every one of them was made by God in His great love. If He didn't love them, they wouldn't be here. And here's something else to think about: if God didn't love us, we wouldn't be here either! And if we weren't here we couldn't do all the wonderful things that we do together, and have the friends and the fun and our cuddly pets and all the other things that we like so much. Wouldn't that be awful?

Now, there are a lot of people who forget that God made all the beautiful things in His love, and pretty soon

they don't pay any attention to them at all. They walk right by a pretty flower and don't even notice it, and if there is a sunset with many pretty colors they are so busy thinking about other things that they don't even see it. They miss so many things that way, and we really have to feel sorry for them.

We don't want to get to be like that, do we? Of course not! So I'll tell you what let's do. Let's all keep our eyes open and look for all the beautiful things we can find. And then, every Sunday morning, each one of us can tell about something especially beautiful that he or she saw during the week. And whenever we see one of these beautiful things, let's remember to whisper a little prayer to God: "Thank you, God, for loving us so much and making such nice things for us to enjoy."

GRADE I — THIRD SUNDAY

Let's see if we all remember the name of our Star Angel this month. What is it? ("Venus.") And what is Venus reminding us to do? ("Little Children, love one another.")

How many of you remember how last month we talked about the good thoughts and the naughty thoughts that keep knocking at the door in our mind? Good. Now today, I want to tell you about the good words and the naughty words that are standing right behind the good thoughts and the naughty thoughts, wanting to get into the door, too.

Maybe you haven't thought of this before, but very often, after we have a thought, we say some words to go with it. Suppose we have a thought that goes, "Ice cream would sure taste good right now." Then after that, we usually say something like, "Mother, may I please have some ice cream?" Or suppose our ball rolls out into the street, and Mother has told us never to go out into the

street. Then we may have a thought that goes, "I'd better ask Mother to get my ball," and after that we say words like, "Mother, please get my ball."

Of course, if we have naughty thoughts, we're probably going to say naughty words, too. If we have a thought that goes, "Oh, I don't want that girl to play with my new toy," we might say something like, "That's mine! Gimmie!" Goodness, that sounds dreadful! I hope none of the boys and girls in *this* class ever say things like that.

But if we let those naughty thoughts in the door, then almost always the naughty words squeeze in too, before we can shut the door again. It's good to know, though, that when we let the good thoughts in, the good words squeeze in just as fast — even though they know that we don't want to shut the door on *them*.

After we say naughty words, they always go out and hurt people, and then come back to us and make us unhappy. We can probably all think of naughty words we once said, and were very sorry right afterwards.

Good words always make us, and other people, happy. I'm going to say some good words, and maybe you can tell me how they make people happy. (Repeat these and other phrases that come to mind and let children tell why they are good and whom they might help.)

"Good morning, isn't it a beautiful day?" "What a pretty dress you have!" "Mother, may I help you this morning?" "Let's share this toy." "I hope you have a good time at the party." "I like to play with you." "Thank you, God, for loving us so much."

There are so many, many good words that we can say to make us happy and make other people happy, too, and show that we love them. And do you know who else is happy when we say good words? ("God.") Of course, God is happy. And we do want to make Him happy, because He is always so good and loving to us.

So, to be sure we really remember, let's say together those wonderful words that Venus is whispering to us one more time: "Little Children, love one another."

GRADE I — FOURTH SUNDAY — REVIEW

LESSON SUGGESTIONS FOR GEMINI

GRADE I — FIRST SUNDAY

Mercury is the name of the Star Angel God is sending to us this month. Can you say his name? ("Mercury.") And this is the way to make Mercury's sign: ☿. Mercury has a very important message for us, too, and that is: "Look! God's truth is everywhere!"

Can anyone tell me what we do when we want to find out about things? (Let children discuss this, and be sure conversation brings out facts that we look, listen, and ask.)

Yes, all the time when we are learning things we are either looking, listening, or asking questions. But before we can look, listen, and ask questions, we have to learn how to do those things. How many of you have tiny baby brothers and sisters at home? (Show of hands.) Do they know how to look, listen, and ask questions? (Brief discussion.)

That's right. Babies can't talk and ask questions; they can hear sounds but don't know what the sounds mean; and when they are very tiny they don't know how to make their little eyes look at the things around them and understand what they are. They have to learn how to do all these things. You and I had to learn to do all these things, too, and that's not a very easy job. God knows that it's not an easy job, so He sent someone to help us, and that is His Star Angel Mercury — the same Star Angel who is giving us our message this month.

Now I suspect that right now one of you wants to tell me, "But I never saw Mercury. He didn't come to my house to help *me*." But he really did! We don't see Mercury — or any of the other Star Angels — but he is always there, helping us to breathe, and talk, and see, and hear. He helps us to learn to use our hands so that we can write, and to raise our arms up so that we can reach things, too.

Just think what it would be like if we didn't know how to look, listen, ask, and do things with our hands and arms. We couldn't learn much about God's wonderful world at all, and life wouldn't be much fun then, would it?

So let's be especially thankful to Mercury for helping us, and try hard to remember what he has to say: "Look! God's truth is everywhere!"

GRADE I — SECOND SUNDAY

What is the name of God's Star Angel this month? ("Mercury.") And what is Mercury telling us? ("Look! God's truth is everywhere!")

I hope you remember some of the things we said about Mercury last week — that he is helping us all the time to breathe, talk, see, hear, and use our hands and arms. Now today we're going to play a little game to see just how much Mercury has already helped us.

(Give each child a small object to look at — flower, leaf, simple picture, paper with simple design, etc. Let children look at them for a minute and have each one tell what he sees. Encourage expanded comments, i.e., if child says "flower" get him to talk about color, shape of petals, size, etc.)

My goodness, Mercury has certainly helped you learn to see well! And isn't it fun to be able to see so much in one little thing? Now it might be fun to find out how

much Mercury has helped us to be able to hear. I would like you all to listen just as hard as you can this week, when you are playing, when you are going to school, and even, sometimes, if you are sitting quietly in your room, not doing much of anything, to find out what different sounds there are all around you. Then maybe next Sunday each one of us can tell about something unusual or interesting that he or she heard.

And while we're listening just as hard as we can this week, let's try to remember the message that Mercury is giving us: "Look! God's truth is everywhere!"

GRADE I — THIRD SUNDAY

Do we all remember the name of God's Star Angel this month? ("Mercury.") What is Mercury telling us? ("Look! God's truth is everywhere!")

Now, who is ready to tell us about an interesting sound you heard last week? (Discussion.)

Today I want to tell you a story about a little roly-poly puppy named Wooffy. Wooffy belonged to a boy named Jack, who was just about as old as the boys and girls in this room. Wooffy was a happy little puppy, and he liked to do many things. He liked to bark at the cat next door, he liked to run along behind when Jack rode his bicycle, and he liked to eat the dog biscuits that Jack sometimes gave him when he was an especially good dog. But most of all, Wooffy liked to play with an old, red ball that was one of his first toys. He liked it when Jack threw the ball for him to catch, and sometimes stood up on his hind legs with the ball in his mouth, begging Jack to play with him some more. But when Jack was doing other things, Wooffy liked to lie on the grass chewing as hard as he could on the ball. He had chewed on it so much, and there were so many teeth marks in it, that it really didn't look like a ball any more at all. But Wooffy, and

Jack, and Jack's mother and father, knew exactly what it was anyhow.

One day when Jack was at school, Wooffy was lying in the back yard chewing on his ball. Suddenly the cat next door came into the yard, and this was just too much for Wooffy! He dropped the ball, and went chasing after the cat, barking as loudly as he could. The cat ran away, and after a while Wooffy forgot about her and went back to his ball. Only — the ball wasn't there any more! Wooffy had been in such a hurry to chase the cat that he paid no attention to the ball as he dropped it, and it had rolled out of sight. Wooffy looked, and looked, for that ball. Finally he found it. It had rolled between two fence posts in the corner of the yard. Wooffy soon saw that he was too roly-poly to squeeze between the fence posts after it. He tried, and tried, and tried, but he just couldn't get through the fence to go after his ball. Poor Wooffy! What could he do?

When Jack came home from school, Wooffy barked and barked, and jumped up on him, and ran between his legs, and tried every way he could think of to tell him about his ball. "What's the matter, Wooffy? What do you want?" Jack kept asking. But he didn't understand, and finally went off of play with his friends. Then Wooffy went to the kitchen door where Jack's mother was fixing supper. When she let him in he began barking and jumping up and down on her, till she finally said, "I just can't fix supper with you getting in my way like this, Wooffy. Out you go." And she put him out in the back yard again.

Poor Wooffy. He was so unhappy! How he wished he could tell someone where his ball was, so they could get it for him. But he couldn't say any words. All he could do was bark, and the people certainly didn't understand what the barks meant. Wooffy wanted so terribly much to talk, but he simply just couldn't.

Wooffy was so unhappy he didn't eat much of his supper, and all that night he kept waking up, wishing he could tell somebody about his ball. He tried, and tried, and tried, but he just couldn't talk. Every time he tried, a bark came out instead of a word, and finally Jack's father even had to come downstairs to say, "Wooffy, be quiet! You're keeping everyone awake with your barking."

After that, Wooffy didn't try to talk. He just lay still and sad and next morning didn't want to play at all.

Now I'm glad to say that this story does have a happy ending, because the next afternoon, when Jack's father was mowing the lawn, he saw Wooffy's ball behind the fence and got it. "Here, Wooffy," he called, "is this what you've been wanting?" Wooffy was *so* happy to see the ball, and then he and Jack had a good game of catch. But if Jack's father hadn't just accidentally seen the ball, Wooffy would probably never have gotten it back — and all because he couldn't talk and tell people where it was!

So you see how lucky we are that we *can* talk. Whenever we need something, or want something, or want to thank somebody for doing something for us, we can tell people about it in words that they understand. We don't have to bark or mew the way puppies and kittens do.

Now, who remembers whom we should thank for helping us be able to talk, and do many other things, too? ("Mercury.") That's right, God's Star Angel Mercury.

GRADE I — FOURTH SUNDAY — REVIEW

LESSON SUGGESTIONS FOR CANCER

GRADE I — FIRST SUNDAY

Our Star Angel this month is someone you know very well, but I'll bet you never thought of her as being a Star

Angel before. It is the Moon! And the Moon's sign looks like the Moon herself: ☾. The Moon's message is: "Remember! Remember!" Let's all say that together: "Remember! Remember!"

The Moon is sometimes called "Mother Moon," because one of her most important jobs is to look after all the mothers on earth — the plant mothers, the animal mothers, and our mothers, too. That's one reason why the Moon is so close to the Earth, so that she may be right near by to help God take care of the many mothers who are living here.

Did any of you ever think that mothers have to be taken care of? (Wait for response.) That is something to think about, isn't it? Maybe we can figure out why mothers have to be taken care of.

Who can tell me some of the things mothers do for us? (General discussion, in which should be brought out the fact that mothers work very hard continually. Ask children what would happen if Mother suddenly said, "I'm not going to cook for you any more!" or "I'm not going to wash your clothes. You can wash your own!" Even harder work for mothers is their responsibility for children's behavior and upbringing. Let them discuss the effect on their mothers when they misbehave.)

Now you can see how hard mothers really work, and how many things they have to think about — and worry about, too, if their children don't behave. That is why they need someone to take care of them and give them some extra strength and patience, and that is why God asked Mother Moon to help Him look after mothers everywhere on Earth.

What is Mother Moon's message to us? ("Remember! Remember!") That's right — remember, remember how much our mothers love us and how many things they do for us.

GRADE I — SECOND SUNDAY

I know we all remember the name of our Star Angel for this month. Who is it? (“Moon”) And what is the Moon whispering to us? (“Remember! Remember!”)

Last Sunday we talked about how one of the Moon’s special jobs is to look after mothers everywhere on Earth, and about how very hard mothers work for us. Can you tell me (indicate one of the children) about something special that your mother did for you this week? (Ask several children. Brief discussion.)

Yes, our mothers do so much for us all the time, and one of the most important is that if things don’t go right, if we hurt ourselves, if we lose something, or if we have an argument with somebody and feel bad, we can always go to Mother and she will make everything seem right again. And boys and girls, that is just the way God loves us, too. We can always take our worries to Him in our prayers, and He will help us figure out what to do about them.

Animal and plant mothers look after their children, too. (Show pictures of animals looking after their young, and seeds growing in plants — pointing out how seeds are protected until mature enough to drop off and germinate themselves.)

Now, since mothers love *us* so much, is there anything special we can do to show them that we love *them*? (Brief discussion, praising children for loving acts they might already have performed.)

These are certainly all wonderful things to do for your mothers, and I know it would make them very happy. You know something about mothers — they don’t really mind doing things for their children at all, especially when the children are obedient and kind and happy. When mothers see their children like that, they feel so good

inside they want to do more things for them than ever!

So let's be sure to think very hard this week about what the Moon is telling us: "Remember! Remember!". Then we *will* remember to love our mothers extra much, and do all the things that will make them feel good.

GRADE I — THIRD SUNDAY

Who remembers the name of our Star Angel this month? ("Moon".) And what is the Moon telling us? ("Remember! Remember!")

We've talked a lot about how one of the Moon's jobs is to take care of our mothers. Today I'll tell you about another job that Moon has, and that is to help all the fruits and vegetables we eat grow and have all those good things inside that are so good for us when we eat them. I'm sure we've all heard our mothers say, "Eat your vegetables," and maybe sometimes we really didn't feel like eating them at all. Well, the reason mothers want us to eat vegetables, and fruit, too, is that they are full of good things inside that make us grow up strong and healthy. You know, if we didn't eat the right kind of food, our eyes wouldn't work right and we couldn't see, we couldn't walk or run, we couldn't think well and would *never* learn to read and write, and we couldn't even laugh and sing because we'd be so tired all the time. That is why it is so important that we eat all the right kinds of food, and that's why mothers spend so much time fixing the right things for us to eat. And you know, boys and girls, it's not only mothers that want us to eat those things. God wants us to eat them too, because we are His children and He wants every one of His children to grow up strong and healthy, so that they can help Him do His important work on Earth.

God knows more than anybody else how important fruits and vegetables are for all of us, and that's why He asked one of His special helpers, Mother Moon, to please

take care of all the growing plants on Earth and make sure that they all have the good things inside that His children need to eat.

So you can see how busy the Moon really is, taking care of all the mothers *and* all the plants! But she's still not too busy to be God's special Star Angel for this month, and tell us — what? (“Remember! Remember!”)

GRADE I — FOURTH SUNDAY — REVIEW

LESSON SUGGESTIONS FOR LEO

GRADE I — FIRST SUNDAY

God's Star Angel this month is someone you know maybe even better than the Moon, because you see him every day. Can you guess who it is? (“Sun.”) That's right, the Sun. The Sun's sign looks very much like pictures we sometimes make of the Sun: ☉.

The Sun is the most important of all God's messengers, because he brings more of God's light and love to us than any of the others do. We can *see* how much light he brings us every day. And that light helps us grow strong. If we didn't have the light from the Sun, we would never be strong, and we would look all pale and white. The Sun has a very special message for us, too. It is: “Be strong!” Let's all say this message together. (“Be strong!”)

All of you probably remember days when you went out to play early in the morning wearing a heavy jacket or sweater, and it was so cold you were glad you had it on. Then, after you had been playing a while, you felt yourself getting warmer and warmer, and finally you took your jacket or sweater off. Why do you suppose you felt warmer after being outside for a while? (Discussion, emphasizing fact that as the morning goes on, warmth and light from Sun do warm the air around us.)

I suspect all of you remember days when it was cloudy and you couldn't see the Sun, and it didn't seem to get warmer at all. Why do you suppose that was? (Discussion, bringing out the fact that when the Sun is obscured its warmth is not always felt.) And maybe some of you, once in a *great* while, have been outside late at night with your parents and it really felt cold. Why was that? (Discussion, bringing out fact that nights are always colder because Sun is shining light and warmth on another part of the Earth.)

Maybe you can imagine, now, how cold — and how dark — it would be if the Sun did not shine at all. So we should be especially glad that God gave us the Sun to warm us and give us light, and we should always remember the Sun's message: "Be strong!"

GRADE I — SECOND SUNDAY

Who is our Star Angel this month? ("Sun.") And what is he saying? ("Be strong!")

Last Sunday we talked just a little bit about how the Sun shines on different parts of the Earth at different times. Because the Earth is round, the Sun can't shine on all parts of it at once. (Use flashlight and small globe to illustrate this.) And so the Earth turns around every day so that the Sun can shine everywhere on it for a while. (Illustrate.) When it is daytime for us here (point out approximate place of your residence on globe) what do you suppose is happening here (point to opposite part of globe)? (Brief discussion, to be sure they understand.)

When it is daytime for us, all the boys and girls on the other side of the Earth are sound asleep, and when they are awake and going to school and playing, what are we doing? (Sleeping.) Plants and animals sleep, too, when it is night, and they are always so happy to see the Sun in the mornings. Little rabbits hop out of their holes

and start looking for carrots to eat, birds sing just as hard as they can when the Sun comes up, and roosters are so happy to see the Sun in the morning that they — well, what do they do? Of course, they crow! And when the Sun shines on flowers in the morning, they turn their petals to him and open them up wide, and that is their way of saying, “Good morning, Sun. Thank you for giving us so much light and warmth.”

Boys and girls are happy to see the Sun in the morning, too. Then they can jump out of bed, eat good breakfasts, and do all the things that have to be done on every busy day. They know that as long as they see the Sun shining they will have light to see what they are doing, and they will feel warm.

We must always remember that the light and warmth of the Sun are really sent to us by God, and that is one of the biggest ways in which God shows us — every day — that He loves us so much. So it is especially important to remember the Sun’s message — “Be strong!” — and to thank God every day that His Sun is shining down on us.

GRADE I — THIRD SUNDAY

God’s most important Star Angel is coming to us this month. Who is he? (“Sun.”) What is the Sun’s message to us? (“Be strong!”)

Today we’re going to do something a little different. I want you all to put your hands right here. (Put your hand over your heart.) Do you feel anything? (Let them describe their heart beats — most will probably know that it is the heart.)

When we feel our heart beating, we know that it is pumping our blood everywhere through our body — even way down to our toes. The heart is one of the most important parts of the body, and one of the jobs that the Sun has is to help us take care of our hearts. Do you

know, our hearts are in a way just a little bit like the Sun. The Sun is full of light and warmth, and that shows God's love for us. When we love somebody especially much, we are all warm and glowy and happy inside and even feel as though light is shining all around us, and that shows our love for other people. When we have learned to love people everywhere, and to be kind and obedient and *want* to do the right things, our hearts will shine just like little baby suns. Then we will be really happy, and strong, and well.

You see, we can't be really strong, the way God wants us to be, unless we learn to love other people with all our hearts. Oh, we may think that we are very strong because we can lift heavy stones, and run a long way without getting tired, and have big muscles in our arms that show when we make fists, but having strong bodies is just half of being strong. When we are *really* strong, it means that we can be strong for other people, too, if they need our help.

You remember how last month we talked about how our mothers are always there to make things right for us when we have troubles and everything seems to go wrong. When they do that they are really being strong for us, aren't they, and helping us feel better when we couldn't have done it ourselves. Our mothers do this for us because they love us so much. When we love other people, then we are ready to help them when they need help, too, and they come to us and tell us why they don't feel good, and we do everything we can to help make them feel better. And when we do that, and have nice strong bodies too, then we are *really* strong, the way God wants us to be.

So let's remember to take care of our bodies, eat the right foods, and get lots of fresh air and sunshine and plenty of sleep, so that our bodies will be strong and healthy. And let's remember to try as hard as we can to

love people and help them, so that we will be really strong and loving. Then, when we grow up, we will be able to help God in His important work on our Earth.

GRADE I — FOURTH SUNDAY — REVIEW

LESSON SUGGESTIONS FOR VIRGO

GRADE I — FIRST SUNDAY

This month, our Star Angel is an old friend who came to us once before, not too long ago. His name is Mercury. Maybe you remember that Mercury helps us learn to use our eyes and ears and minds and hands in the right way. And maybe you remember what his message to us is: "Look! God's truth is everywhere!"

God sent Mercury back to us again because He wants Mercury to remind us to look very closely at His beautiful world and find out all about the things that are going on here. And there must be some very wonderful things going on, too. Mercury is just the Star Angel to help us find out what they are by making our eyes and ears sharp and helping our minds think about what our eyes and ears show us.

One of the things that Mercury particularly wants us to look for is chances to help somebody. Every day we all have chances to help other people, but if we aren't looking for them, we don't always see them. I guess we can all think of ordinary ways to help our mothers. Who can think of one? (Discussion, bringing out helpful things children can do.) Yes, those are all helpful things to do, and I know our mothers are very happy when we do them. But sometimes there are even more things we can do, if we only keep our eyes and ears open and watch for times when they need doing. Suppose Mother doesn't feel well one day, and you really want to help her so you ask, "Mother,

is there anything I can do for you?" And Mother says, "No, thank you, dear, there's nothing for you to do right now." Now some children would think, "Well, Mother doesn't need me, so I can go out and play," run out, slam the door, and play with friends way down the block where Mother can't see them. But is that really all those children can do for Mother when she doesn't feel well? (See if they can answer. If not, explain that mother would be helped very much if child played quietly near home, asking friends to be quiet, too, to be nearby in case mother does need anything. Also be extra careful to pick up toys, close doors quietly, wipe feet, wash hands for meals, and do normal chores without being told.) So you see, there are always things we can do to be helpful, if we will watch out for them, and that is what Mercury has come to help us do.

GRADE I — SECOND SUNDAY

Who is our Star Angel this month? ("Mercury.") Tell me what Mercury is whispering to us. ("Look! God's truth is everywhere!")

Mercury is always helping us look at things in God's beautiful world. Today he wants us to look at and think about something especially wonderful, and that is the lovely white rose at the center of our Rose Cross.

I hope you remember how we talked about the good thoughts knocking at the doors in our mind, and how they help other people. Well, the very *best* of the good thoughts that we can have are the wonderful love thoughts we send out during the silence in our Emblem Service. Those thoughts fly right to the heart of the white rose, and shine there with a wonderful light. Every one of those love thoughts is so pretty, and surrounded with such beautiful colors, you could hardly believe anything could be so pretty. When they all come together and make the

light in the center of the white rose, even God, who has so many beautiful things in His world to look at, is especially happy to see it there.

And that light, which is made by *our* love thoughts, is more than just pretty. The Invisible Helpers take that light, which can do all kinds of wonderful things because it is made of love, carry it to people who are sick, and use it to help make those people well and happy again.

This is what Mercury wants us to think about today — especially. Isn't it wonderful to know that we can help make appear this beautiful light which can make sick people well, and all we have to do is to think loving thoughts? The harder we think them, and the more loving they are, the stronger the light will be, and the more people it will help.

GRADE I — THIRD SUNDAY

Who remembers the name of God's Star Angel this month? ("Mercury.") And what is Mercury saying? ("Look! God's truth is everywhere!")

Today Mercury wants us to look at something else in God's world — something that is very important and rather special. Let's go for another pretend walk in the country. What are some of the things we can see? (Let children describe country sights, and when flowers or plants are mentioned stop conversation.)

Yes, there are so many flowers out in the country now, and they are what Mercury wants us to look at especially hard today. Quite a few of the plants have stopped blooming, and instead of flowers they have little baby seeds that are just about ready for their winter sleep. Those baby seeds are going to sleep in the earth until spring wakes them up and tells them that it's time to start growing into new plants. But you know what happens in winter. It rains, and sometimes snows, and sometimes cold wind

blows very hard. So the mother plants have to help the little seeds find places where they will be warm and cozy, and not keep waking up all winter long because they are cold. Do you think baby seeds who drop on stones, or on a road going through the country, would be very warm during the winter? (Discussion, getting children to indicate for themselves that not all places where seeds might drop would be appropriate.)

See how many things there are to think about? When we look at something in God's world, it's always important to think about what we see. We see the little seeds on the plants, waiting to drop off, but unless we think about it a little bit, we don't know that they can't just drop anywhere and still grow into big plants.

That's why God wants us to learn to think about what we see and hear around us, and that's why he sent Mercury to us again. What is Mercury telling us? ("Look! God's truth is everywhere!")

GRADE I — FOURTH SUNDAY — REVIEW

LESSON SUGGESTIONS FOR LIBRA

GRADE I — FIRST SUNDAY

God's Star Angel this month is another old friend. It is the one who whispered to us, "Little children, love one another!" Can you guess who that is? ("Venus.")

God is sending Venus to us again now, because He wants us to be ready for a very special time that is coming soon. You know, Christmas is not too far away, and that is the time when the dear Christ comes back to our Earth to give us more of His wonderful light and love so that we — and the animals and plants too — can grow strong and learn many things. In fact, He is already on His way, and His new light is already shining down on us.

We are always so glad to have Christ come back to us, and we want to love Him just as hard as we can and tell Him, at Christmas time when we sing our carols, how happy we are to have Him here again. God wants us to do this, too, because He knows how happy it makes the dear Christ when people welcome Him back to Earth. God also knows that the best way for us to get ready to show our love for Christ is to love each other all the time.

Maybe you haven't thought about this much, but it's really true that when you love one person very much, it is much easier to love other people, too. The more we love people, the more warm and glowy we feel inside, the more light shines around us, the better we work, and the prettier our songs sound, too, when we sing them. So if we love each other very hard now, by Christmas time we will be so full of love and light and happiness, and we will welcome the Christ back in an even more loving way than we would otherwise have done. Our faces will look especially happy, our Christmas carols will sound especially pretty, and Christ will be so glad that He came back to us when He sees our wonderful welcome to Him. And He will know that we are being so especially loving to Him because we have been loving each other all the time, and *that* will make Him happier than anything else that we could do for Him.

Let's say Venus' message all together, and then we will remember even better what it is that God wants us to do. ("Little children, love one another!")

GRADE I — SECOND SUNDAY

What is our Star Angel's name this month? ("Venus.") Who can tell us what Venus is whispering? ("Little children, love one another!")

Do you know what this is? (Hold up toy scale; see if children understand its use. Have a number of small objects — stones, small toys, etc. — on hand, let children

feel their weight first, then show what happens when objects of differing weights are placed on scales. Then show balance achieved when objects of same weight are weighed.)

When two things weigh just exactly the same, and both sides of the scale are exactly even, we call that "balance." We can have two things that look alike balance each other (put two identical objects on scales) and we can have two things that don't look alike at all balance each other, too (put two dissimilar items weighing the same on scale).

Now, in God's world we have many things that balance each other. Summer is four months long, it is warm, and plants and trees grow. Winter is four months long, too, but then it is cold, and plants and trees sleep. So we say that summer and winter balance each other. Can anyone think of two other times of year that balance each other? (Spring and fall.)

Some days are beautiful and sunny, and we can play outside all day long if we have nothing else to do. Who can think of other kinds of days that would balance the sunny ones? ("Rainy days.") In the daytime it is light, and we work and play just as hard as we can, and do all the many things we have to do. Who can think of something that balances that? ("Night, when it is dark and we sleep.") (Try to get children to think of other balances: up and down, in and out, happy and sad, work and play, easy and hard, etc.)

Let's try to think about balances a little bit this week, and notice things around us that balance each other. Let's also be sure to remember what Venus is telling us: "Little children, love one another!"

GRADE I — THIRD SUNDAY

Who can tell us the name of this month's Star Angel? ("Venus.") What is Venus saying? ("Little children, love one another!")

Today I want to ask you something. Most children manage to get dirty — at least once in a while — when they play outside. If you have play-clothes on, that's really not so bad. But who can tell me what happened the last time you did get dirty after playing outside? (Get children to express fact that they had to clean up, maybe take bath, change clothes, etc.) That's right, you did have to get washed up and put on other clothes so that you looked nice and clean again and people were happy to have you around.

Did you know that your minds can get dirty, too? Yes, they can. They can get terrible stains on them, that look much worse than the dust and mud that might sometimes get on your hands and faces. Those terrible stains get on our minds and hearts when we have ugly, naughty, thoughts, and do unkind things that hurt other people. As soon as we think or do something like that, even if it might be just a little something, there are already little stains and the more of that we think or do, the bigger and blacker the stains get. You may think that nobody can see such stains, but somebody *can* see them, and who do you suppose that is? ("God.") Of course — God sees them, and it makes Him very unhappy when He does. He wants His children's minds and hearts to be just as shining and clean as their faces, and He wants them to look just as nice and clean inside as they do outside.

Now we certainly can't use soap and water on our minds and hearts to get the stains off, but there is something we can do to get them clean again, and that is, to be really sorry after we have thought or done something to hurt somebody else. If we are *really* sorry — so sorry that

we even feel bad inside and promise ourselves not to do such a thing again — *and* if we tell the person we hurt that we are sorry, then the stains disappear like magic, and our minds and hearts are bright and clean again.

It's certainly good to know that if sometimes, when we are careless or just not thinking, a naughty thought or deed does manage to get by and make a stain, we can clean it off. It's much easier, though, and nicer, too, to keep our minds and hearts clean in the first place. The way to do that is to have loving thoughts all the time. Loving thoughts are very strong, and when we have them, they are strong enough to keep the naughty thoughts out. Then our minds and hearts stay clean and shining all the time. God especially wants us to remember that, so He sent Venus to tell us — what? (“Little children, love one another!”)

GRADE I — FOURTH SUNDAY — REVIEW

LESSON SUGGESTIONS FOR SCORPIO

GRADE I — FIRST SUNDAY

This month, *another* old friend has come back to whisper God's message to us. His name is Mars, and maybe you remember what he told us: “Do it! Do it!”

I wonder why Mars has come back to say “Do it!” again. Let's take one of our pretend walks in the country, and maybe we can find out. Look at all the nice, rich, black earth in which the plants and trees are growing. There are sparks of God's light all about in the soil and rocks and other minerals of the Earth. Maybe, if we are very still and listen closely, one of those little sparks of light will tell us what they are all doing. Shhhh — I hear one talking now. He says, “Boys and girls, I don't

have too much time to talk because I'm very busy, but I'd like to tell you what we are doing. We are holding all the plants and trees in their places, and helping them to grow. We have to do this work for a long, long time, but some day, when we have learned to do it very well, *we* will be able to grow the way the plants do, and have blossoms and seeds of our own. That is why we work so hard, and remember to 'Do it! Do it!.'

Now look at those pretty flowers on the hillside. There are sparks of God's light in them, too. Let's listen to what one of them is saying. "We are doing God's work, too, just as hard as we can. We are growing and making pretty flowers, and lots of little seeds for more plants, and some day, when we have learned to do that very well, we will become like the animals, and be able to run around the way the squirrels and rabbits do. That is why we work so hard, and remember to 'Do it! Do it!.'

There are two little squirrels chasing each other around a tree! Sparks of God's light are in little animals, too. Let's listen to what one of them is saying. "We are doing God's work, too. We are growing, and running, and finding food to eat, and climbing trees, and some day, when we have learned to do all that very well, we will become like the little boys and girls who can talk and think. That is why we work so hard, and remember to 'Do it! Do it!.'

Now, let's talk about human beings. Every one of *us* is a spark of God's light, too, and has special work to do for God. That is why Mars has come back to whisper in our ears, "Do it! Do it!" God wants so much for us to learn to do the work that He gave us very well, so that some day we will be able to see the beautiful Angels that are around us all the time. Then, after a while, we will even become like the Angels, and be able to move around through the air just filled with light and love.

GRADE I — SECOND SUNDAY

Let's have someone tell us the name of God's Star Angel this month. ("Mars.") What is Mars whispering to us? ("Do it! Do it!")

Today I'm going to tell you a story. Once upon a time there was a little boy who was in a very bad mood because he wanted to go outside and play, and he couldn't because it was raining. The little boy was sitting by the window, kicking his legs back and forth, and thinking all kinds of ugly thoughts about the rain. "Why," he said to himself, "did that awful rain have to come along and spoil my fun? I don't like the rain. I don't like it!"

Suddenly he saw a tiny creature flying around near him. The creature was about the ugliest thing he had ever seen. It was all black and red, and had a very unpleasant-looking face. It flew around a bit, and all at once it came over and dug its heels into the little boy's head!

"Stop that!" said the little boy. "Who are you, anyhow, and what are you kicking me for?"

"I'm an ugly-thought fairy, of course," said the creature. "You made me and sent me out, didn't you? So naturally I have to come back to you. And since I'm an ugly-thought fairy, and you sent me out, I have to hurt you."

"Well, I don't want you to hurt me," said the little boy, "so stop it!"

"I can't," said the fairy. "You made me the way I am, and I can't change — unless *you* change me."

"How can *I* change you?" asked the little boy.

"By turning me into a good-thought fairy, of course," answered the fairy.

"But how do I do that?" asked the little boy.

"You have to think of something good, and maybe you'd better do it pretty quick, because I feel like kicking

again," said the fairy, trying to hold back his leg (because deep down inside he really wanted to be a *good*-thought fairy instead of an ugly-thought fairy).

"Oh," said the little boy, and wondered what he was going to think about. "I know!" he said. "I'll go tell Mother I really don't mind about the rain. I have lots of toys I can play with in the house — and after all, it really is good for the plants outside to have that rain."

Even before he could go tell Mother, he saw the thought fairy changing color right before his eyes. The black and red disappeared, and suddenly the fairy was all pink and blue and yellow light, and his face was happy and smiling and very nice to look at. He touched the little boy's head gently.

"I'm sorry I kicked you before," he said. "But now I'm going to go right inside your heart, and make the light shine there, and just wait till you see how warm and glowy you feel then!"

The little boy smiled. Already he felt warm and glowy, and he dashed off to tell Mother the good news.

Boys and girls, if you ever do have an ugly thought (and sometimes they *do* manage to come in, no matter how hard we try to keep them out) you can do just what that little boy did. You can change it to a good thought very quickly, before it has a chance to do much damage. God knows that sometimes, because His children are still learning and aren't perfect yet, somebody will make a mistake and make something ugly and naughty, instead of pretty and good. That's why, since He loves us so much, He makes it possible for us to change ugly things into pretty things. And that is another reason why Mars keeps reminding us to "Do it! Do it!"

GRADE I — THIRD SUNDAY

Who remembers the name of our Star Angel today?

("Mars.") And who remembers what Mars is saying?
("Do it! Do it!")

Maybe you remember how a few weeks ago we took a pretend walk through the country and listened to the sparks of God's light that were in the Earth, and the plants, and the animals, and then found out that *we* are sparks of God's light too.

That is one of the most important things we discover in Sunday School, so we are going to talk about it a little more today. Many people think that their bodies are the real "they," and probably you have always thought that *your* bodies are the real "you." But that isn't true at all. The real "you" is a shining spark of God's light. You are a spark of God's light, Tommy, and Mary is, and Susie is, and I am too. (Here use names of actual children in class.) Your parents are, and each one of the friends you play with is, and so is the lady in the library and the man in the store who sells ice cream. Every one of God's children — every person on this Earth — is really a shining spark of God's light. Isn't that wonderful? We are all — each one of us — sparks of God's light. And the more we learn, the more of God's work we are able to do, and, most important, the more we love each other, the more that light will shine. Some day we will all be able to see that light shining in all our friends and neighbors.

Maybe now somebody wants to ask me, "Well, if we are all really sparks of God's light, then what are our bodies?" And that's an easy question to answer. Our bodies are the houses we live in. Every body we see — every one passing by — has a spark of God's light living and shining inside. The bodies are houses, and the sparks of God's light live in those houses.

Now I'm going to ask you two questions, and let's see what you will answer. (Ask slowly and deliberately.) Is your body YOU? ("NO!") Then what is your body? ("The house I live in.")

I'm going to ask you those questions every once in a while, and I'm sure you'll know what to tell me. Let's try try it once more today: Is your body YOU? ("NO!") Then what is your body? ("The house I live in.")

GRADE I — FOURTH SUNDAY — REVIEW

LESSON SUGGESTIONS FOR SAGITTARIUS

GRADE I — FIRST SUNDAY

This month we have a new Star Angel. His name is Jupiter. Let's try saying that together: Jupiter. This is how we make Jupiter's sign: ♃. Jupiter is reminding us of something particularly important — something everyone should remember all the time—and that is, "Be kind."

God wants us to be kind to everything on Earth — to each other, to animals and plants, and even to people who might forget and not be kind to us. God is always kind to us. He never stops giving us blessings and doing things for us. Christ is certainly kind to us, too, when He comes back to Earth each year to give us more of His light and love, and you know how kind our parents are to us.

The easiest way to be kind is to love each other, the way God wants us to. When we love people we *are* kind to them — we want to do things for them and make them happy. When we love our pets we are kind to them for the same reason. So let's remember to keep on loving each other just the way we have been doing, and then we will never forget Jupiter's message to us: "Be kind."

Now I'd like to tell you a story. Once there was a little caterpillar who lived in a yard full of trees and flowers. One day, as he was crawling along a blade of grass, he looked up and saw the prettiest butterfly you could imagine flying right overhead.

“Oh, my,” thought the little caterpillar, “if only I could be a butterfly, how wonderful it would be. Then I could fly anywhere I wanted to go, and wouldn’t have to spend so much time crawling around over things.” The little caterpillar tried as hard as he could to think of some way in which he could be a butterfly, too, and finally he had an idea.

“I know!” he said to himself. “I will try to be the best caterpillar I can possibly be, and if I am kind and loving to everyone I meet, and do all the right things, maybe some day God will let me be a butterfly, too.”

From that moment on, the little caterpillar was the best caterpillar you could ever imagine. He played nicely with his friends, left some of the most delicious leaves for them to nibble on instead of eating all the best ones himself, and one day when he accidentally got caught in Mr. Spider’s web he very carefully backed out of it again, being very careful not to tear it the least little bit.

Then one morning, after he had just about stopped thinking of ever being a butterfly, he woke up, and what do you suppose he found? He had two beautiful wings folded up on his back! When he opened the wings he flew right up into the air, and glided around all over the yard. God *had* decided to let him be a butterfly!

Boys and girls, something just as wonderful will happen to us some day if we listen to what God tells us and are just as good and loving as we can be — especially if we always try to be kind.

GRADE I — SECOND SUNDAY

What is the name of our Star Angel this month? (“Jupiter.”) What is the message that Jupiter has for us? (“Be kind.”)

You know, boys and girls, we have talked a lot in Sunday School about the beautiful world that God has

made for us. He made it so wonderful because He loves us so much, and He scattered His gifts everywhere so that all His children might have a share.

One day, after God had first given all His beautiful gifts, He wanted to find out if His children really liked them. So He sent an Angel down to Earth to find out. The Angel asked the sea: "Have you anything to be thankful for?" And the sea said: "Oh, yes. I am thankful for the Sun that makes my world all sparkly and bright, and for the sky that makes me so beautifully blue one day and so softly grey the next, and for the wind that makes the white-caps dance on the tips of my waves."

Then the Angel asked the trees, "Have you anything to be thankful for?" And the trees said, "Oh, yes. We are thankful for the firm earth that holds our roots tightly in place, that we may stand straight and tall and grow as high as we want to." Then the Angel asked the little seeds, "Have you anything to be thankful for?" and they said, "Oh, yes. We are thankful for the Sun that warms us and helps us grow into beautiful plants, and we are thankful for the soft gentle rain that sends water into the Earth down to our roots when we are thirsty."

When the Angel asked the rabbits, they said, "Oh, yes. We are thankful for all the good things God made for us to nibble on, and for lovely green meadows where we can hop about all day." And the birds said, "Oh, yes. We are thankful for the trees where we can build our nests, and for our wonderful wings that let us fly wherever we want." So you see that all of God's creatures were thankful for His gifts, and He was very happy when the Angel went back and told Him.

Now, boys and girls, suppose the Angel were to come into our room right now, and ask us if we had something to be thankful for. What would you say? (Discussion.)

GRADE I — THIRD SUNDAY

Do we all know the name of our Star Angel this month? (“Jupiter.”) Do we know Jupiter’s message? (“Be kind.”)

Have you ever heard of an Invisible Helper? Well, not too many people have. Let’s think about what those words mean for a minute. Invisible means something you can’t see, and helper means someone who helps. So an Invisible Helper is someone who cannot be seen but who helps people who are sick or suffering or in trouble.

Remember how we said that our bodies are not really *us* — that they are the houses we live in? Well, at night, when we are asleep, we all slip out of our bodies, just as we go outside of our brick and wood houses in the daytime. Now, the Invisible Helpers are people who live here on Earth just the way you and I do, and spend their days doing the work that God gave them to do, and being kind and loving to everyone. When *they* go out of their bodies at night, they go to people who are sick and unhappy, and bring God’s light and love to them, and make them well again.

A person can only be an Invisible Helper at night if he or she has been good and kind during the daytime. Do you think you might like to be Invisible Helpers when you grow up, making sick people everywhere well again, and bringing God’s light and love wherever you go? Well, if you really and truly try to learn all your lessons as you are growing up, and remember what all of God’s Star Angels are whispering to us, and, most of all, be kind and good and loving all the time, then some day God will let you be an Invisible Helper too.

Is your body *YOU*? (“NO!”) Then what is it? (“The house I live in.”)