

Ideas for Families

No Energy Night –Shut off the TV and the computer. Hit the light switch and turn the air conditioning off. Turn the ringer off on your phone and mobile devices, spend time together and go outside!

One of the challenges Phebe Hospital faces every day is electrical insecurity – not knowing if the resources to run the generators are there. Spend a moment and do the math, how much energy do we consume with our simple evenings at home plugged in to our devices without realizing how much we waste? A “normal” incandescent bulb costs about \$0.75 per hr., and LEDs or CFLs cost you \$0.01 per hr. for modern bulbs.

Obviously this isn’t going to break the bank, but if that light switch you forgot to flick off actually runs 5 lights in the kitchen, that’s 30 cents a day, and that bad habit adds up to \$110 per year!

Check <http://bit.ly/1aM7lfz> to calculate how much it costs to power your home per hour and consider donating what you would have spent on energy to help power PV for Phebe.

What to do with “No Energy Night”

- *Board games*
- *Walk your dog*
- *Volunteer*
- *Work in a garden*
- *Rollerblade*
- *Sing*
- *Build a fort*
- *Card games*
- *Watch a local little league game*
- *Draw or paint*
- *Build a campfire and cook over it!*



Preschooler Activity

Discussion for Preschool activities:

- 1) What are things we receive from the sun?
(warmth, light, plant growth)
- 2) What is the sun? Where is it?
(To keep answers simple: The sun is a giant star that is about 4.5 billion years old. It is also the largest object in the solar system.)
- 3) What kinds of things does the sun do?
(Answers will vary. Among other things, the sun provides the earth and its inhabitants the light and heat they need to grow/survive.)
- 4) What kinds of things does the sun allow you to do every day?
(Answers will vary.)

Paint two paper plates to represent the center of the sun. Have students draw or paint sun’s face on plates. Trace and cut out hand prints in sunny colors and attach to one of the plate to create the sun’s rays. Glue second plate face up to the back to complete the sun.

Activities for Children and Youth

Engaging families and children is critical to a successful campaign. Sunday School teachers and Youth Group coordinators have a tremendous opportunity to teach their students about renewable energy and a Christian's responsibility to honor and preserve the earth's resources. Consider some of these fun activities to engage the youngest members of your congregation during the month of August!



Build your own solar oven! Find a simple tutorial at:
<http://www.icanteachmychild.com/make-your-own-solar-oven/>

Banana Boat Solar Oven Recipe

4-5 bananas

$\frac{1}{2}$ cup chocolate chips or chocolate chunks

$\frac{1}{2}$ cup marshmallows (mini or regular size) Tin foil

- Peel one strip of skin off the top of the banana but do not detach skin completely.
- Slit banana horizontally while still in skin (You may want to remove some of the fruit to make room for chocolate and marshmallows).
- Place bananas on tinfoil and put marshmallows and chocolate chips in top banana slit.
- Replace banana skin and wrap in tin foil. Put in solar oven until chocolate begins to melt.
- Remove from oven and enjoy!

Notes from the field

Vicki Foss, the Youth Director at First Lutheran Church in Brainerd, Minnesota, tried out some of these activities and reported back:

"I did this project with some of the preschool students from First Lutheran Church in Brainerd's Learning Tree Preschool.

We decided to make Banana Boats for an afternoon snack. We then put our treats in the solar oven we made and found the best sunny location outside the church. We placed a thermometer in the box with our bananas.

After one hour on a 60 degree Minnesota spring day, our box was 150 degrees! After two hours, our oven was 195 degrees and our chocolate and marshmallows were a delicious gooey mess.

We also made a solar oven with High School students and reheated pizza and cookies. The students put the oven in the school open quad and put their treats in at 8 am in the morning. By the 11:30 lunch break, the oven was over 200 degrees and the food was warm."



Snack Idea: Solar Crackers

Use a whole graham crackers and frost them with chocolate frosting. Arrange licorice whips on them in grid formation to replicate a solar panel.

Youth and Young Adult Bible Study

What images come to mind when you hear the term “solar energy?”

How does solar energy work? Do you think solar energy is the best form of renewable energy? What are the pros and cons of solar energy?

Which of your gadgets would you like to run on solar energy?

Read Matthew 25:14-30

In this parable, who does the master represent? Where are we in the story when it comes to using the gifts God has given us? Name some of the gifts you have been given personally and as a collective group.

How are we rewarded when using our gifts and talents?

Now read Matthew 25: 34-46

What would the master say about the way we have used our gifts, knowledge and resources we have been given? Have we done a good job of being a good steward of our time, talents and resources?

How have you worked at developing your time, talents and resources? What kind of responsibilities do we have in receiving the gifts of time talents and resources?

When, if ever, have you observed that the more you used a talent, the more talents God has given you?

In the old song, “They Will Know We Are Christians By Our Love” by Peter Scholtes, a verse sings,
*“We will work with each other, we will work side by side,
We will work with each other, we will work side by side,
And we’ll guard each one’s dignity and save each one’s pride.”*

How does using science and technology to help Phebe Hospital and other mission related fields, teach us to “walk with each other” and “save dignity and pride?”

What can we do with the gift of knowledge and science to make a difference in the lives of others? Do we have a responsibility to use technology for this purpose?

What is our call to action as Christians? What is one thing we can do in our church, in our community, in the world where we use our gifts and talents to feed, clothe, serve?

Children, Youth, and Family activity ideas and Bible Study were put together by Vicki Foss, Youth Director at First Lutheran Church in Brainerd, Minnesota. Find more ideas at the “Resources” page at SkipTheGrid.org

Ideas to Raise Awareness: *Screen Pray the Devil Back to Hell*

A great way to engage a congregation or youth group is by popping some popcorn, hanging a sheet on a blank wall, and using a projector to host a movie night. *Pray the Devil Back to Hell*



has been used as a powerful advocacy tool (even in post-conflict) zones and could be an informative and inspiring way to educate about non-violent protest and the Liberian conflict.

Find more information on the film here -
<http://praythediabacktohell.com/>