Bonus Activities

All Ages

Connection Creations: Gather pretzel sticks, mini marshmallows and plates. Give each child a plate with some pretzel sticks and marshmallows. Encourage children to use the marshmallows to connect the pretzel sticks. Once they are happy with their creations, encourage them to enjoy their snack. Talk about how we are connected to each other.

Older Children

Create a Web of Connection: Encourage children to stand in a circle. Give a ball of yarn to one person. Encourage them to hand (or toss) the ball of yarn to someone else in the circle, while holding on to one end of the yarn. Encourage children to keep handing off/tossing the yarn to someone else, while still holding a piece of it. Once everyone is holding onto the yarn, talk about how we are all connected. Talk about how we can help others by listening to them, being connected and by being their friend.

All Ages

Pretend the Floor Is Lava: Gather construction paper, blankets or towels (enough for one per child). Give each child a piece of construction paper or a blanket or towel. Tell them that we are going to pretend that the floor is hot lava. They have to work together to make it across the room without touching the hot lava. Encourage them to use their paper/blanket/towel to get across. Help as needed. Talk about how we connect to each other and help each other when we work together.

Pathlight

www.cbf.net/pathlight

CBF's *Pathlight* curriculum helps children explore the Good News of Jesus through stories, scripture and activities.

cbf

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Pathlight

Your word is a lamp that gives light wherever I walk. **Psalm 119:105 (CEV)**

Theme Overview

Rev. Carita Brown is a CBF-endorsed chaplain with the Pennsylvania Air National Guard. By providing spiritual care through connection, Carita builds relationships with those to whom she offers support. She is better equipped to know what they need and how she can help through these connections. This session focuses on the theme of providing spiritual care.

Bible Verse

Hebrews 10:23–24

We must hold tightly to the hope we say is ours. After all, we can trust the one who made the agreement with us. We should keep on encouraging each other to be thoughtful and to do helpful things.

Session Outline

Prepare

- Make copies of the Student Handout.
- Review the Story and Bible Verse.

Welcome

- Greet students as they arrive.
- **Ask**: "Who knows you best?"

Engage

- Distribute the Student Handout.
- Read and discuss the Bible Verse.
- Work on the Handout Activity.
- Transition to Story Time.

Share

- Tell the Story, "Caring Through Connections."
- Share the photo and caption.
- Discuss the Story and pray.

Conclude

- Lead students in Bonus Activities as time permits.

Caring Through Connections

"Hey, Carita, thanks so much for chatting with us today," Andy said as he opened the CBF podcast. "I'm so glad to be here," Carita said. "Could you tell us a bit about how you became a chaplain?" Andy asked. "My path has been all about connections. When I started thinking about seminary, I met Dr. Todd Still, a professor at Gardner-Webb School of Divinity. He's the reason I decided to go to Gardner-Webb. When I was struggling to find housing, the faculty there offered me a chance to become a graduate housing director. They even nominated me to be a CBF Scholar. This gave me a chance to quit my job and go to school full time and offered me a network and connections that led me to chaplaincy. And now I also care for others through connections. One of the big differences between counseling and pastoral care is connecting with the person. In counseling, you must remain on the outside. But with pastoral care and chaplaincy, you walk with the person, connecting with them and helping them through their pain and suffering. You also get to celebrate their joys and really get to know them. It is an honor to be able to care for others through connections," Carita said. "Thank you, Carita, for all that you do to care for others. It sounds like you are where God has called you to be. We are grateful that you listened to God's call on your life and that it led you to CBF," Andy said.

Discussion and Prayer ✱

- **Ask**: How was Carita helped on her way to becoming a chaplain?
- **Ask**: How does she now help others?
- **Ask**: How can we help others through our friendships with them?
- **Say**: Carita had people who helped her all along the way. A professor encouraged Carita and helped her decide what school to go to, faculty helped her find housing and offered her a scholarship and a whole new network (CBF) helped Carita find a place to belong. These connections helped her follow God's call in her life. And now she connects with others, helping them work through their pain and struggles and find God in their own lives. We can help others by listening to them, encouraging them and praying for them. Our friends help us, and we can help them too!
- **Pray**: Dear God, thank you for chaplains like Carita Brown. Help us to find ways to help the people we are connected to as well. Amen.

Rev. Carita Brown

Rev. Carita Brown is a CBF-endorsed chaplain with the Pennsylvania Air National Guard.

STUDENT HANDOUT
OCTOBER 26, 2025

Pathlight

Your word is a lamp that gives light wherever I walk. Psalm 119:105 (CEV)

Learn About

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Create String Art

Supplies needed: paper; pencils; pieces of cardboard; scissors; string; markers

Make a paper template.
Fold a piece of paper in half and cut out a paper heart. Make evenly spaced marks around the edge of the heart, using your finger as a spacer. These will be your notches when you cut out your cardboard heart.

Transfer to cardboard.
Trace your paper heart on a piece of cardboard. Use those notch lines as a guide to make marks all around the edge of the cardboard heart.

Cut out your cardboard heart.
Cut out the cardboard heart and cut V-shaped notches everywhere that you made a notch mark with your pencil.

Color your heart.
If you want your cardboard to be a different color under the string, color it now.

String your heart.
Leave a tail hanging behind your cardboard heart and wrap your string or yarn around and around the heart, pulling the yarn deep into each notch as you pass over it.

Finishing
To finish, simply cut your yarn, leaving a tail, and tie this tail to the one you started with.

Source: https://happyhooligans.ca/cardboard-heart-string-art