



St Edmundsbury
Cathedral



5 February 2021 : Meet John the Baptist

What's in the box?!

It's a person...

It's John the Baptist!

Jesus' cousin!

Look what he's wearing!

It's made of camel hair!

What else is in the box... oooh! It's a small bowl of water! Careful!

Let's put the small bowl of water down while we put on our itchy camel-hair coat!

[put water down carefully.... mime dressing, and itching!]

Now we are ready for our story...

Look! Can you see? [mime looking and seeing... then point.]

The people are coming!

Lots of people!

Let's count them!

[use finger counting 1, 2, 3, 4, 5, 6, 7, 8, 9, 10...]

Wow! There are even more than 10!

There are many many people coming.

And do you know what John did?

He washed the people in the river!

Let's be the people coming to John!

The people wondered about God. [can you show me thinking and wondering]

But they didn't really feel ready for God. [can you shake your head and be sad]

They had thought and said and done things that made them feel sad. [can you be more sad?]

The people felt like they needed a new start!

Let's sing our sorry song!

For the things we have thought, we wish we'd not thought, [hands on head]
we're sorry, we're sorry, we need a new start!

For the things we have said, we wish we'd not said, [fingers to lips]
we're sorry, we're sorry, we need a new start!

For the things we have done, we wish we'd not done, [arms cross chest]
we're sorry, we're sorry, we need a new start!

*An abridged version of Sharon Moughtin-Mumby's story from Diddy Disciples Vol.2
For Diddy Disciples unable to join by zoom to share in the story at home during Covid lockdown.
Weekly Zoom services at 10am on Fridays – for links please contact curate@stedscathedral.org*

John the Baptist helped people to a new start!

John's going into the river!

Let's go with John! [act out!]

Dip our toe in! [first this toe... then that one!]

Is it warm, or cold? [shiver, or enjoy the warmth!]

Can you walk through the river [wading action]

Deeper [ankle]

And deeper [knees]

And deeper [leg]

And deeper...

Right up to my middle!

John is going to baptise us!

We're going to take a deep breath and we're going to go....

Down...

Then up again...

Down....

Then up again...

Ready?

1.... 2.... 3... breathe! [take a deep breath, pinch nose and down and up again!]

See how there are ups after the downs!

This was called BAPTISM!

And again... let's go down a bit longer this time.... 1.... 2.... 3....

[take a deep breath, pinch nose and down and up again!]

And once more! 1.... 2.... 3... breathe!

[take a deep breath, pinch nose and down and up again!]

In the water [sprinkle a little water from the bowl over one another]

God made the people clean.

Not just clean on the OUTside [rub a little water on arms and head and legs and face]

But clean INside too. [dip your finger in the water and trace a circle on your heart]

God gave them a new start!

Shall we sing... to the tune of 'Siyahamba'

A new start, in the name of God! x3

A new start [clap], a new start, ohhh! A new start, in the name of God! x2

see next page for activities!

ACTIVITY IDEAS

Remember today's story as you enjoy these watery activities.

In the shower... in the bath!

Can you make things clean?

What about on the inside?

Can you pour water on your head?

In puddles... can you put your toe in?

Your ankle?

Your leg?

Do the puddles go right up to your middle?

Is there a river where you walk?

Play pooh sticks if you can.

Drop things over the side... and watch them be carried away.

Are there prayers you can say? Things you are frustrated or upset about that you can give over to God as you drop them into the river? Things said or done that you want to let go of? Let peace flow over them like a river. Allow them to be washed away. See if you notice inside you a different way of looking at them or thinking about them – a new start!