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Morse Code BRACELET

Morse code, invented by Samuel Morse in the 1830s, is a way of communicating using dots and dashes. Before Morse code and the telegraph were invented, messages were still written by hand and carried by horseback. Morse code allowed for communication to happen much faster. It was especially important during World War II because of the speed of communication it allowed between ships at sea using large lights.

Today we'll make Morse code bracelets with an encrypted message. Choose a message you'd like to write, then use the chart below to design your bracelet. The bracelet pictured spells "I love you" in Morse code.

What you need:

Round beads

Tube beads

Elastic bead cord (7mm works well)

Optional: Round or tube beads to be used as spacers

Instructions:

1. First, choose a message you'd like to encrypt. You might choose "I love you," your name, or another sentiment.
2. Line up the beads in the correct order, using the chart below. Use round beads for the "dots" and tube beads for the "dashes" and include a different color spacer bead between each letter and word.
3. String the beads onto the elastic cord and add beads as needed to make the bracelet fit your wrist.
4. To finish, tie the elastic in a double knot and trim the ends.
5. If you and a sibling or friend each make a bracelet, see if you can decode each other's messages!



<u>A</u>	<u>B</u>	<u>C</u>	<u>D</u>	<u>E</u>
<u>F</u>	<u>G</u>	<u>H</u>	<u>I</u>	<u>J</u>
<u>K</u>	<u>L</u>	<u>M</u>	<u>N</u>	<u>O</u>
<u>P</u>	<u>Q</u>	<u>R</u>	<u>S</u>	<u>T</u>
<u>U</u>	<u>V</u>	<u>W</u>	<u>X</u>	<u>Y</u>
MORSE		<u>Z</u>	CODE	

Healthy CHOCOLATE MOUSSE

Avocado in a dessert recipe? Yes! You can't taste the avocado, but still reap the benefits of this healthy mousse. Even picky eaters will enjoy! Makes 2-3 servings.

Ingredients:

½ cup coconut cream (use a can of coconut cream, or skim the creamy top of a can of coconut milk)

1 medium ripe avocado

¼ cup unsweetened cocoa or cacao powder

¼ cup maple syrup

1 teaspoon vanilla

A pinch of sea salt

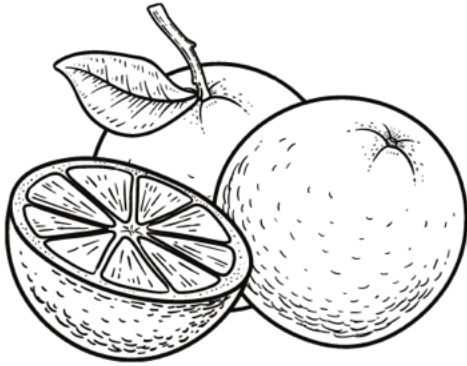
For serving: Whipped cream, strawberries

Instructions:

1. Cut the avocado in half, remove the pit, and scoop the flesh into a blender or food processor.
2. Add remaining ingredients into the blender or food processor, and blend until smooth.
3. Taste the mousse to see if more maple syrup is needed, and add to your preference. Blend until fully incorporated.
4. Enjoy immediately, or refrigerate for a couple hours for a cold treat. *Optional:* Add whipped cream and strawberries to your mousse before enjoying!



Orange you glad
we're friends?

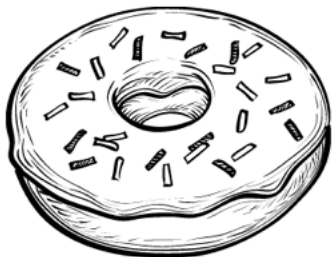


You are



the coolest.

Donut forget



how awesome you are.



You're my
cup of tea.

5

AGAPE LOVE

Read Romans 5:8, 1 John 4:9-10.

On this final day of our study, we come to the most generous, unconditional, and sacrificial of all loves: agape (pronounced uh-GAH-pay). The Bible tells us that God is love (1 John 4:16). The best thing about God's agape love is that it is not based on our performance, feelings, or circumstances. God's agape love is an action. He cannot fall out of love with us, because loving us is part of His nature.

Only God can love with perfect agape love, and His love is His greatest gift to us. We have done nothing to deserve this kind of unconditional acceptance, to be loved despite our sin, but God's agape love gives without asking for anything in return.

We see the clearest example of God's agape love when God sent Jesus, His only Son, to be sacrificed for our sins on the cross. 1 John 3:16 tells us, "This is how we know what [agape] love is: Jesus Christ laid down his life for us. And we ought to lay down our lives for our brothers and sisters." Though we cannot love as perfectly as God loves, Jesus instructed us to strive to love one another with agape love (John 13:35). We can only do this with the strength He provides.

- How does it feel to know that nothing you do can take away God's agape love for you (see Romans 8:38-39)? *Comforting, secure, safe.*
- Can you give an example of each kind of love (eros, philia, storge, and agape)?

Craft

Lavender healing salve

Recipe

Date caramel dip

Love in action

God chose to pour out his unconditional, agape love for us while we were still sinners. We couldn't repay Him. In light of this, brainstorm about a way you could show love to someone who cannot return the favor.

Did you know?

In Denmark, the Danish exchange pressed white flowers called Snowdrops. Danish men often give women a "gaekkebreve" or "joke letter," which contains an original poem or rhyme.

Agape LOVE

Look up the following verses and fill in the blanks below. If the verse says "love," fill in the blank with "agape." The English Standard Version (ESV) translation is used.

Romans 5:8: "but God shows his _____ for us in that while we were still _____, Christ _____ for us."

Ephesians 2:4-5: "But God, being rich in _____, because of the great _____ with which he loved us, even when we were _____ in our trespasses, made us _____ together with Christ—by _____ you have been saved—"

John 13:34: "A new commandment I give to you, that you _____ one another: just as I have _____ you, you also are to _____ one another. By this all people will know that you are my _____, if you have _____ for one another."

1 John 4:10: "In this is _____, not that we have _____ God but that he _____ us and sent his Son to be the propitiation* for our _____."

***Propitiation** is a big word that means "satisfaction." Because God is holy, His anger and justice burn against sin, and He has sworn that sin will be punished. But because of His mercy and grace, God chose to become our substitute and take the sin of mankind upon Himself, becoming a "propitiation" or satisfaction for our sin.

The Four LOVES



EROS

Romantic love that God designed for marriage

Pronounced AIR-ohs

Key Bible reference: Song of Solomon



PHILIA

Friendship love

Pronounced FILL-ee-uh

Key verse: John 13:35



STORGE

Tender affection, as found in a family

Pronounced STOR-gay

Key verse: Romans 12:10



AGAPE

God's unconditional love

Pronounced uh-GAH-pay

Key verse: Romans 5:8

Book List

Choose one or two books per day to check out from the library or purchase from your favorite bookstore. These books are meant to complement and illustrate the type of love studied on each particular day.

The Bible

Day 1 / Valentine's Day:

- + *The Legend of the Valentine* by Katherine Grace Bond (ages 4-8)
- + *The Valentine Bears* by Eve Bunting (ages 2-6)
- + *Saint Valentine* by Robert Sabuda (ages 4-7)
- + *Somebody Loves You, Mr. Hatch* by Eileen Spinelli (ages 4-8)
- + *Saint Valentine* by Ann Tompert (ages 4-8)
- + *The Story of St. Valentine* by Voice of the Martyrs (ages 4-8)

Day 2 / Eros love:

- + *A Child's First Book About Marriage* by Jani Ortlund (ages 4-9)
- + *Falling for Rapunzel* by Leah Wilcox (ages 4-8)

Day 3 / Philia love:

- + *Elmore* by Holly Hobbie (ages 3-7)
- + *A Sick Day for Amos McGee* by Phillip C. Stead (ages 2-6)
- + *Bear's New Friend* by Karma Wilson (ages 3-8)

Day 4 / Storge love:

- + *Koala Lou* by Mem Fox (ages 4-7)
- + *Mama, Do You Love Me?* by Barbara M. Joesse (ages 2-6)
- + *Papa, Do You Love Me?* by Barbara M. Joesse (ages 2-6)
- + *Love Matters Most* by Mij Kelly & Gerry Turley (ages 4-8)

Day 5 / Agape love:

- + *Corrie ten Boom: The Courageous Woman and the Secret Room* by Laura Caputo-Wickham (ages 4-8)
- + *14 Cows for America* by Carmen Agra Deedy (ages 6-10)
- + *The Friend Who Forgives* by Dan DeWitt (ages 4-8)
- + *Boxes for Katje* by Candace Fleming (ages 4-8)
- + *Just Because You're Mine* by Sally Lloyd-Jones (ages 4-8)
- + *What Is Given From the Heart* by Patricia C. McKissack (ages 6-10)
- + *Thank You, Mr. Falker* by Patricia Polacco (ages 5-10)

