



## The Angel's Story



Angeline, whose name means messenger, felt she was failing to live up to her name. She had often delivered messages from the angel superior to the other angels, but they were everyday messages like “It’s time for choir practice” or “Vespers will begin in 10 minutes.” Angeline longed to deliver a vital, world-changing message.

One day, there came the news that God’s beauty and energy were coming to earth—God would become one with the humans and help make earth a better place. There was a lot of talk about how and when it would happen. Angeline wanted to be part of it, but she was too shy to put herself forward.

Then an angel who was very wise came to her, asking her about her inner thoughts. At first, Angeline was frightened, but knowing that the wise angel cared and was someone she could trust, she opened up and everything she had held fearfully inside her poured out—how she wanted to live up to her name, how she wanted to make a difference, and how she felt so terribly inadequate. She shared how, even when she delivered the least important of messages, she would forget everything but her

uncertainty; she would be gripped with fear.

The wise angel asked her whether, during these moments of fear, she thought about the inner beauty of God that resides in everyone. This stopped Angeline in her tracks. No, in those moments of fear, she hadn’t thought of God’s beauty, she hadn’t thought to call on God. Angeline made a promise that from then on she would always think about God and pray to God to see her through her fears. Angeline kept her promise.

Then the day arrived when God gave Angeline a very significant message to deliver. Together with a host of other angels, Angeline was to seek out some shepherds in a field, and then she, and only she, would tell the shepherds about the young woman, the God bearer, who was about to give birth to the Christ child—God-in-the-world.

Angeline allowed the glory of God within her to shine; and the glory inside her continued to shine, spreading to the shepherds and to all around as she delivered the Good News from God.

Even angels have moments of uncertainty, but when you turn to God, you can always find comfort, even in the toughest times, and know that the beauty of God travels with you.

# Unwrapping the Angel's Story

Tools to help you unwrap your angelic voice.

## ACTIVITY 1: Speaking Your Truth

### Ages

12+

### Supplies

Research the work of Maggie Kuhn and/or others (especially in your community) who have stood up for social justice; sheets of paper and pens

### Discuss

- What is the truth you want to share?
- Which scripture passages encourage you to speak your truth?
- What will give you the confidence to share it?

### Activity

Invite people to write on the sheets of paper their truth and three things that they will do to live into that truth. Encourage them to post these sheets where they can see them every day.

## ACTIVITY 2: A Song of Faith

### Ages

All ages (especially 6+)

### Supplies

Pens and paper; musical instruments

### Discuss

- If an angel came to you in times of social upheaval and poverty, would you listen?
- Would you sing a song of faith?

We sing of Jesus, a Jew, born to a woman in poverty  
in a time of social upheaval and political oppression.

He knew human joy and sorrow.  
So filled with the Holy Spirit was he  
that in him people experienced the presence of God among them.

We sing praise to God incarnate.

from A Song of Faith

### Activity

Compose a modern-day Christmas carol about angels. Share your compositions with your group, your church, or on social media using hashtags #UCCan #AdventUnwrapped.

### ACTIVITY 3: Little Angels

**Ages**

All ages

**Supplies**

*The Littlest Angel* by Charles Tazewell either book or online: "A Classic Christmas Book—The Littlest Angel" (<https://youtu.be/AkZj8b7IuZO>); 5 sheets of Bristol board (or large sheets of paper) and markers

**Activity**

**a** Read together *The Littlest Angel* by Charles Tazewell or watch and hear it on YouTube.

**b** Create an angel acrostic. Write the letters A, N, G, E, L on the Bristol board (one letter per sheet) and together devise appropriate phrases.

**Example:**

**A**lways watching

**N**ever far away

**G**uiding the lost

**E**xtrremely peaceful

**L**oving all

## ACTIVITY 4: Guided Meditation

### Ages

10+

### Activity

The leader uses the following words:

*Relax your entire body, starting at the top of your head and travelling down through your head, shoulders, arms, spine, abdomen, pelvis, legs, and feet.*

*Sit quietly for 10 to 20 seconds, letting go of any thoughts as they arise and float through your mind.*

*Now, imagine a healing light\* entering the top of your head.*

*Imagine it flowing through your body, to and through every part of your body.*

*Be present to your Spirit...breathe deeply....*

*Think back to a time when you can remember your first image of an angel.*

*What was it like?*

*Was it comforting or scary?*

*Did you ever have an encounter with an angel?*

*Has your image of angels changed over time or not?*

*Are you open to encountering an angel?*

*Ponder how angels reflect the light\* of Christ.*

*Again, imagine a light\* entering your body through the top of your head.*

*Imagine this light\* filling your entire body with soothing, healing, and comforting energy.*

*See your body filled with light\*, which gives you power, strength, comfort, and confidence.*

*See and feel this light\* as it flows through your body and out of the bottom of your feet.*

*Imagine it connecting you to the earth, to creation, to your place of beginnings.*

*Imagine it keeping you firmly tied to God's love.*

*Bask in this warmth. Carry this with you into your day.*

*Whenever you feel ready, return to the room, open your eyes, and like a cat, stretch your body slowly, or simply make gentle movements with your hands and feet, whichever feels most comfortable to you until your awareness of the room you are in returns.*

\*Alternatively use "warmth" or "spirit."

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