



# **Academy for Enlightenment**





Week 1

## **MORNING OFFERING**

O My God, I offer You all my prayers, works, and sufferings, in union with the Sacred Heart of Jesus, for the intentions for which He pleads and offers Himself in the Holy Sacrifice of the Mass, in thanksgiving for Your favors, in reparation for my offenses, and in humble supplication for my temporal and eternal welfare, for the conversion of sinners, and for the relief of the poor souls in purgatory.

I wish to gain all the indulgences attached to the prayers I shall say and the good works I shall perform this day.

**AMEN.**

# *My Goals*

## BOOKS READ



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Week 2

Summer is a lovely time to spend at the pond; the air is hazy with heat, and abuzz with insect life. The spawn that you saw back in March will now be tiny froglets and toadlets. Depending on when the spawn was laid, they will be leaving the pond between June and September, and may not return until they are old enough to mate, which could be two to three years time. There is a myriad of insect life both in and around the water.

Insects are invertebrates, meaning they have no backbone (vertebrae). Invertebrates make up approximately eighty percent of all living things on Earth.

There are seven main levels when classifying living things:

- Kingdom: Insects belong to the Animal Kingdom.
- Phylum: Here we have:

Vertebrates (with a backbone) = Chordata

Invertebrates (without a backbone) = many different Phyla (plural of Phylum)

Insects belong to the phylum Arthropoda; invertebrate animals that have the following characteristics:

- an exoskeleton
- a segmented body
- jointed appendages.

Arthropods include insects, arachnids, (spiders) myriapods, (millipedes and centipedes) and crustaceans (crayfish, fairy shrimp, etc)

- Class: Insecta (insects)

Insects have:

- Three body parts - The head, thorax, and abdomen
- Three pairs of jointed legs. The legs are all attached to the thorax.
- An exoskeleton; a hard skeleton on the outside of the body, made of chitin. Chitin is the hard substance that makes up the exoskeletons of insects, crustaceans, and the 'skin' of fungi.
- Most insects have compound eyes. Compound eyes can have up to 30,000 different sensors or surfaces that are very sensitive to light.

Compound eyes do not see things in the distance, or in much detail. They do see things close up, or very quick movements.

- Almost all insects have a pair of antenna on their heads, which they use for smelling and feeling, and in some insects, hearing and taste.
- Order: A wide variety, that includes butterflies, mayflies, and dragonflies, amongst many others.
- Family: Varies
- Genus: Varies
- Species: Varies

You can find out more about a particular insect by using a field guide to narrow down information, based on habitat and location.

Our focus for this week's nature study will be the insect life, both in and on the surface of the water.

Notice the water level of the pond. Take another photograph if possible, remembering the visual marker you have been using. Add the photograph to your journals.

How are the colours different than when you visited in spring-time? Record 'swatches' of paint or coloured pencil in your journals to represent the summer colours that you see.



# "August" by Celia Thaxter

Buttercup nodded and said good-by,  
Clover and daisy went off together,  
But the fragrant water lilies lie  
Yet moored in the golden August weather.

The swallows chatter about their flight,  
The cricket chirps like a rare good fellow,  
The asters twinkle in clusters bright,  
While the corn grows ripe and the apples mellow



# The White Horse

John Constable

Date: 1819

Style: Romanticism

Genre: landscape

Media: oil, canvas

Location: National Gallery, London, UK

## Artist & Art Study

## Artist Life: Born, lived, quotes...

Art: Movement, this artist inspires me because..., what I like most about this painting is...

## We All Bleed the Same

We all bleed the same  
We're more beautiful  
when we come together  
We all bleed the same  
So tell me why, tell me why  
We're divided

If we're gonna fight  
Let's fight for each other  
If we're gonna shout  
Let love be the cry  
We all bleed the same  
So tell me why, tell me why we're divided

Tell me, who are we  
To judge someone  
By the kind of clothes they're wearin  
Or the color of their skin?  
Are you black?  
Are you white?  
Aren't we all the same inside?  
Father, open our eyes to see!  
We all bleed the same.









## Psalm 46: 10

"Be still and know that I am God;  
I will be exalted among the  
nations. I will be exalted in all  
the earth."

# *God Made Us*

## *The Purpose of Man's Existence*

Q1. Who made you?

A. God made me.

Q2. Did God make all things?

A. Yes, God made all things.

Q3. Why did God make you?

A. God made me to show Him  
goodness and to make me happy  
with Him in heaven.

Q4. What must you do to be happy with  
God in heaven?

A. To be happy with God in heaven I  
must know Him, love Him, and  
serve Him in this world.



# Our Father

Our Father, Who art in heaven  
Hallowed be Thy Name;  
Thy kingdom come,  
Thy will be done,  
on earth as it is in heaven.  
Give us this day our daily bread,  
and forgive us our trespasses,  
as we forgive those who trespass against us;  
and lead us not into temptation,  
but deliver us from evil. Amen.

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Week 3

Reflect on last year's nature study, choose some memorable journal entries from each season.

Re-tell what you learned about in these particular selections.

Is there an underlying theme amongst the pages you have chosen?

What would you like to do for nature study next week?

Do you have a particular topic you most enjoy(ed)?

What has been the most helpful in your nature journaling?

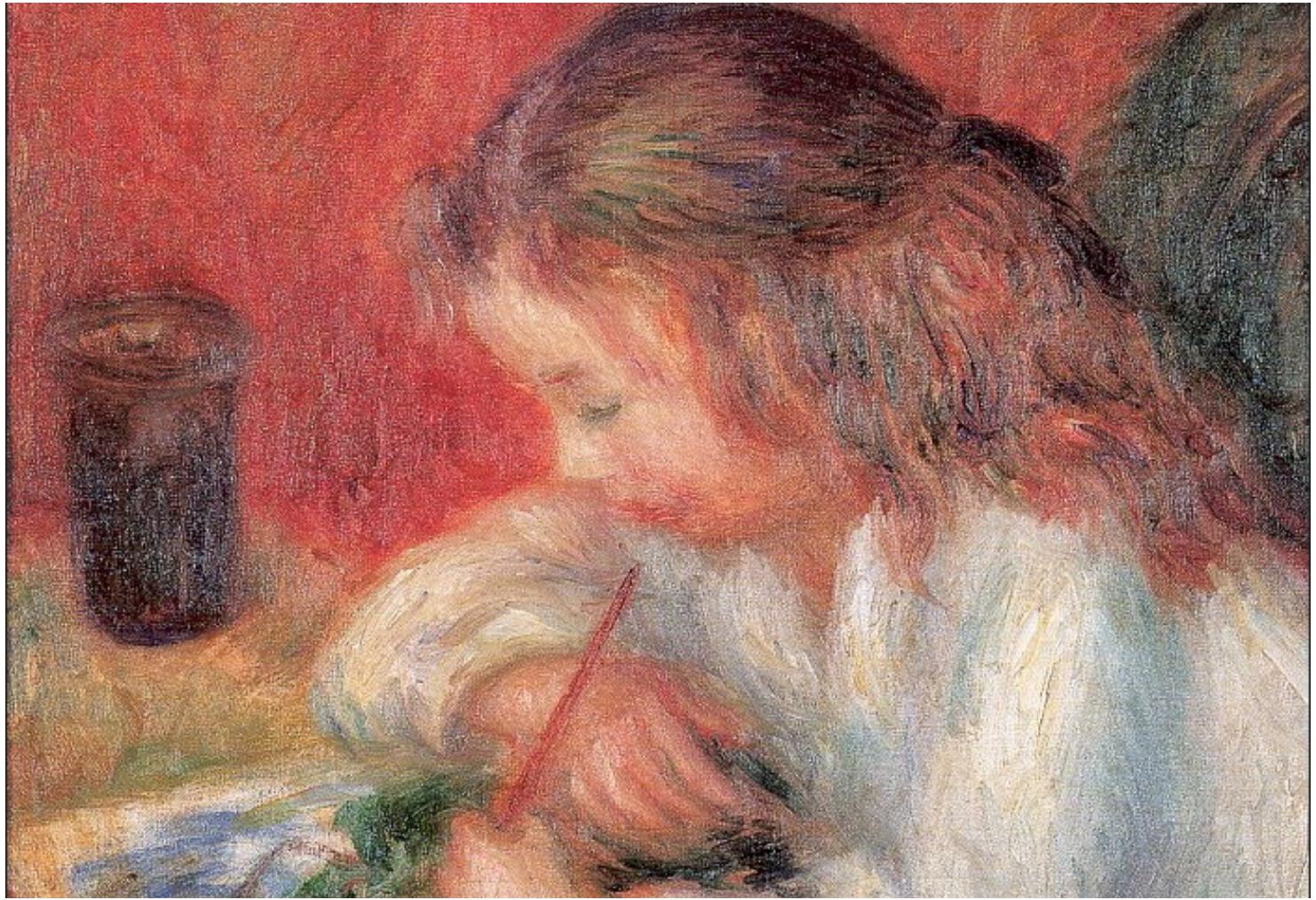
What tools do you use the most?

Challenge. Create a diorama of your favorite nature spot.

# “Months”

## by Christina Rossetti

January cold desolate;  
February all dripping wet;  
March wind ranges;  
April changes;  
Birds sing in tune  
To flowers of May,  
● And sunny June  
● Brings longest day;  
● In scorched July  
The storm-clouds fly  
Lightning torn;  
August bears corn,  
September fruit;  
In rough October  
Earth must disrobe her;  
Stars fall and shoot  
In keen November;  
And night is long  
And cold is strong  
In bleak December.



# Lenna Painting (The Artist's Daughter)

William James Glackens (1870-1938)

Date: 1918

Style: Impressionism

Genre: genre painting

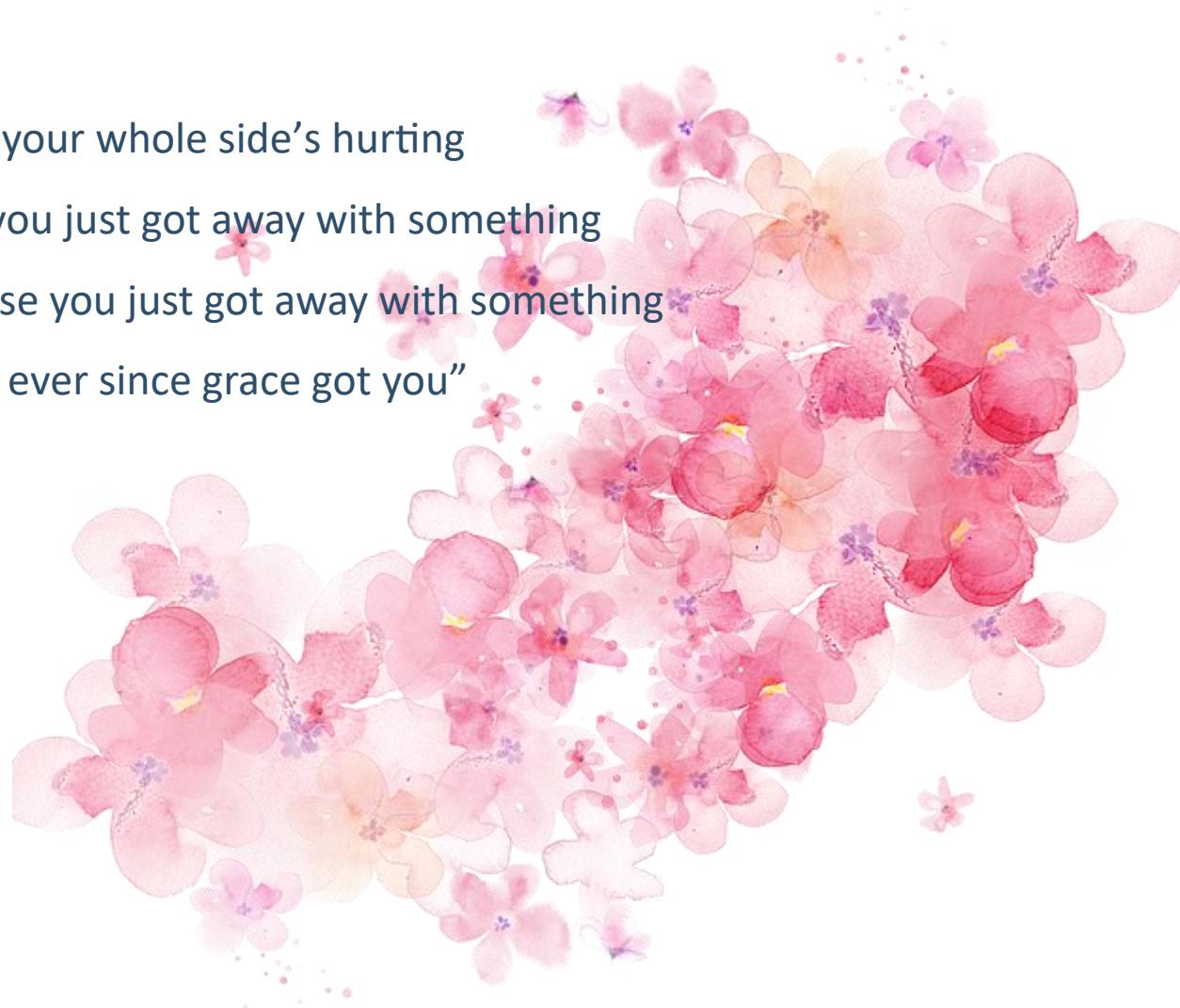
Media: oil, canvas

American Painter

## *Grace Got You* by Mercy Me

“Sing, so the back row hears you  
Glide, ‘cause walking just won’t do  
Dance, you don’t have to know how to  
Ever since, ever since grace got you”

Laugh, ‘till your whole side’s hurting  
Smile like you just got away with something  
Why? ‘Cause you just got away with something  
Ever since, ever since grace got you”





*Ephesians 3:20*

“God is able to do far more than we could ever ask for or imagine.”

# *God Made Us*

## *The Purpose of Man's Existence*

Q5. From whom do we learn to know, love and serve God?

A. We learn to know, love, and serve God from Jesus Christ, the Son of God, who teaches us through the Catholic Church.

Q6. Where do we find the chief truths taught by Jesus Christ through the Catholic Church?

A. We find the chief truths taught by Jesus Christ through the Catholic Church in the Apostles' Creed.

From the Bible

1. Knowing God, John 17:3
2. Loving God, Luke 10:25-28
3. Serving God, John 12:24-26
4. Church Authority, Matthew 28:19-20 & John 20:21

# Apostles' Creed



I believe in God, the Father Almighty, Creator of heaven and earth; and in Jesus Christ, His only Son, Our Lord; Who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died, and was buried. He descended into hell; the third day He arose again from the dead; He ascended into heaven, He is seated at the right hand of God, the Father Almighty; from there He shall come to judge the living and the dead. I believe in the Holy Spirit, the Holy Catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting.  
Amen.



Week 4

## **Collecting Seeds**

As summer fades, plants are making seeds instead of flowers. This provides food for many creatures through autumn and winter, and enables many plants to grow again the following year.

This week, we are going to learn about the part of a plant's life cycle known as dispersal.

This is how the seeds travel away from the parent plant and each other.

Illustrate how seeds are dispersed and discuss why seeds must move away from the parent plant.

By the plant itself:

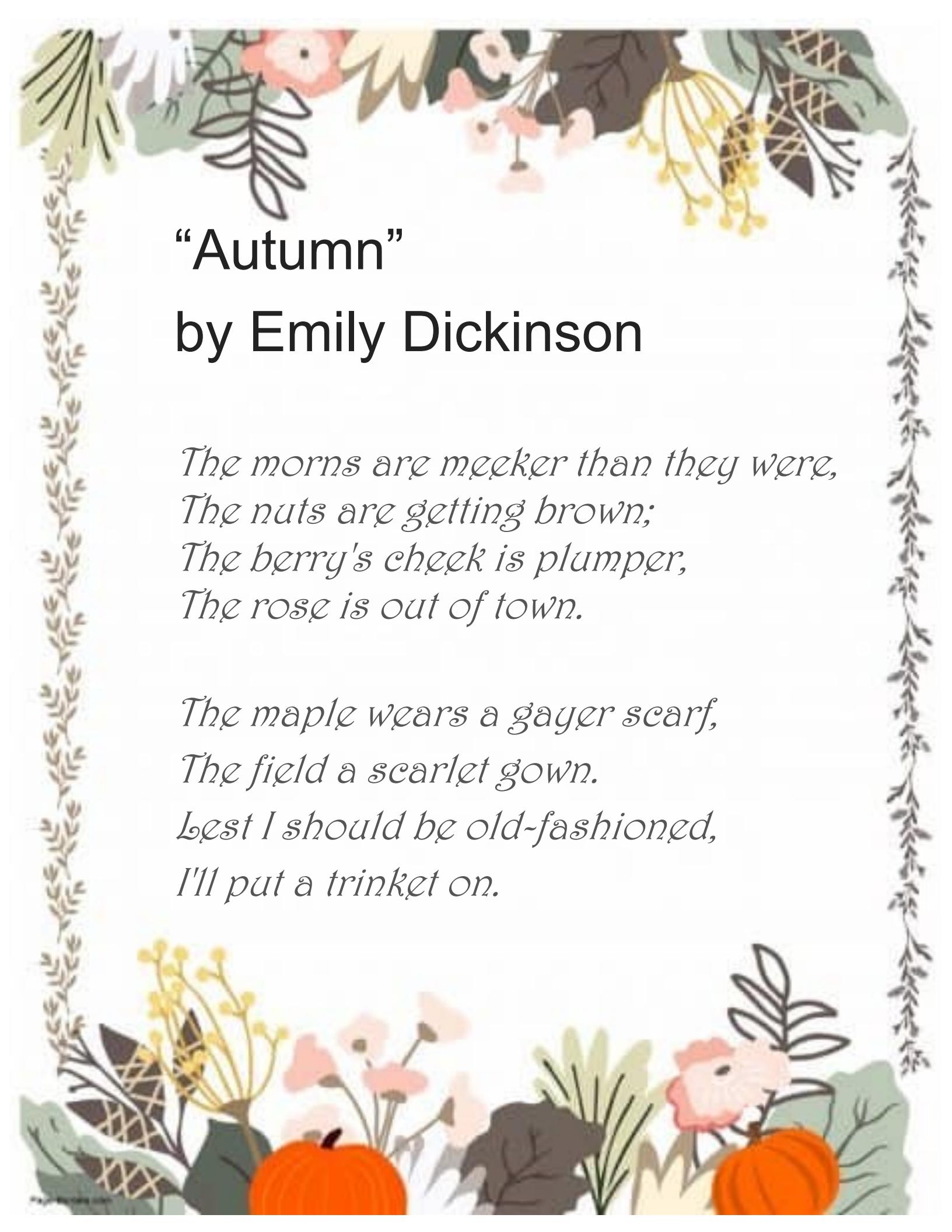
By animals

By water

By wind

Write a short story about a traveling seed.

The Traveling Seed by:\_\_\_\_\_



# “Autumn”

## by Emily Dickinson

*The morns are meeker than they were,  
The nuts are getting brown;  
The berry's cheek is plumper,  
The rose is out of town.*

*The maple wears a gayer scarf,  
The field a scarlet gown.  
Lest I should be old-fashioned,  
I'll put a trinket on.*



# Squirrels in a Tree

Archibald Thorburn (1860-1935)

Date: England, 1903

Media: watercolor

Awake, my soul, and with the sun  
Thy daily stage of duty run;  
Shake off dull sloth, and joyful rise,  
To pay thy morning sacrifice.

Thy precious time misspent, redeem,  
Each present day thy last esteem,  
Improve thy talent with due care;  
For the great day thyself prepare.

In conversation be sincere;  
Keep conscience as the noon tide clear;  
Think how all seeing God thy ways  
And all thy secret thoughts surveys.

By influence of the Light divine  
Let thy own light to others shine.  
Reflect all Heaven's propitious rays  
In ardent love, and cheerful praise.

Wake, and lift up thyself, my heart,  
And with the angels bear thy part,  
Who all night long unwearied sing  
High praise to the eternal King.

I wake, I wake, ye heavenly choir,  
May your devotion me inspire,  
That I like you my age may spend,  
Like you may on my God attend.

May I like you in God delight,  
Have all day long my God in sight,  
Perform like you my Maker's will,  
O may I never more do ill.

Had I your wings, to heaven I'd fly,  
But God shall that defect supply,  
And my soul, winged with warm desire,  
Shall all day long to heaven aspire.

All praise to Thee, who safe has kept  
And hast refreshed me whilst I slept  
Grant, Lord, when I from death shall wake  
I may of endless Light partake.

I would not wake nor rise again  
E'en heaven itself I would disdain,  
Wert Thou not there to be enjoyed,

And I in hymns to be employed.

Heaven is, dear Lord, where'er Thou art,  
O never then from me depart;  
For to my soul 'tis hell to be  
But for one moment void of Thee

Lord, I my vows to Thee renew;  
Disperse my sins as morning dew.  
Guard my first springs of thought and will,  
And with Thyself my spirit fill.

Direct, control, suggest, this day,  
All I design, or do, or say,  
That all my powers, with all their might,  
In Thy sole glory may unite.

**Doxology after each Part:**

Praise God, from whom all blessings flow;  
Praise Him, all creatures here below;  
Praise Him above, ye heavenly host;  
Praise Father, Son, and Holy Ghost.

**Words:** Thomas Ken, 1674.

**Tune:** "Morning Hymn" François H. Barthélémon, 1785.





*Rest*

## *God and His Perfections*

Q8. What do we mean when we say that God is the Supreme Being?

A. When we say that God is the Supreme Being we mean that He is above all creatures.

Q9. What do we mean when we say that God is eternal?

A. When we say that God is eternal we mean that He always was and always will be, and that He always remains the same.

Q10. What do we mean when we say that God is all-knowing?

A. When we say that God is all-knowing we mean that He knows all things, past, present, and future, even our most secret thoughts, words, and actions.

# Gloria



Glory to God in the highest, and on earth peace to people of good will. We praise You, we bless You, we adore You, we glorify You, we give You thanks for Your great glory, Lord God, heavenly King, O God, almighty Father. Lord Jesus Christ, Only Begotten Son, Lord God, Lamb of God, Son of the Father, You take away the sins of the world, have mercy on us; You take away the sins of the world, receive our prayer; You are seated at the right hand of the Father, have mercy on us. For you alone are the Holy One, You alone are the Lord, You alone are the Most High, Jesus Christ, with the Holy Spirit, in the glory of God the Father. Amen.

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Week 5

September is a lovely time to observe all the mini-beasts in your special nature spot. There are many different types of mini-beasts, such as insects, molluscs, and arachnids. They are all invertebrates, meaning they do not have a backbone.

Creature Differences:

NO LEGS:

SIX LEGS:

EIGHT LEGS:

FOURTEEN LEGS:

MORE THAN FOURTEEN LEGS:

Handbook of Nature Study, Insects, 294-415 & Invertebrates other than insects, 416-450

Write an acrostic poem about your favorite mini-beast.

Acrostics are enjoyable to write because they don't need to rhyme, and you don't need to worry about the rhythm of the lines. Each line can be as long or as short as you want it to be.

G

R

A

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S

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O

P

P

E

R

# “Hurt No Living Thing”

by Christina Rossetti

*Hurt no living thing:  
Ladybird, nor butterfly,  
Nor moth with dusty wing,  
Nor cricket chirping cheerily,  
Nor grasshopper so light of leap,  
Nor dancing gnat, nor beetle fat,  
Nor harmless worms that creep.*





A Parrot Tulip, Auriculas, and Red Currants, with a Magpie Moth,  
its Caterpillar and Pupa

By: Maria Sibylla Merian (1647-1717)

Black chalk, bodycolour and watercolour on vellum

## Artist & Art Study

## Artist Life: Born, lived, quotes...

Art: Movement, this artist inspires me because..., what I like most about this painting is...

# How Great Is Our God

By: Chris Tomlin

The splendor of a King,  
clothed in majesty

Let all the Earth rejoice  
All the Earth rejoice

He wraps himself in light  
And darkness tries to hide  
And trembles at His voice  
Trembles at His voice

How great is our God, sing  
with me

How great is our God, and all  
will see

How great, how great is our  
God

Age to age He stands  
And time is in His hands  
Beginning and the end

The Godhead Three in One

Father Spirit Son

The Lion and the Lamb

The Lion and the Lamb

How great is our God, sing  
with me

How great is our God, and all  
will see

How great, how great is our  
God

Name above all names

Worthy of our praise

My heart will sing

How great is our God

You're the name above all  
names

You are worthy of our praise

And my heart will sing

How great is our God

How great is our God, sing  
with me







# Ephesians 5:2

...walk in the way of love, just as Christ loved us and gave himself up for us as a fragrant offering and sacrifice to God.

## *God and His Perfections*

Q11. What do we mean when we say that God is all-present?

A. When we say that God is all-present we mean that He is everywhere.

Q12. Does God see us?

A. God sees us and watches over us with loving care.

Q13. What do we mean when we say that God is almighty?

A. When we say that God is almighty we mean that He can do all things.

*There is a limit to what man can do. But there is no limit to what God can do. He has all power.*

Bible Readings:

Matthew 4:8-10, Psalm 138, & Luke 1: 35-37

# Gloria



Glory to God in the highest, and on earth peace to people of good will. We praise You, we bless You, we adore You, we glorify You, we give You thanks for Your great glory, Lord God, heavenly King, O God, almighty Father. Lord Jesus Christ, Only Begotten Son, Lord God, Lamb of God, Son of the Father, You take away the sins of the world, have mercy on us; You take away the sins of the world, receive our prayer; You are seated at the right hand of the Father, have mercy on us. For you alone are the Holy One, You alone are the Lord, You alone are the Most High, Jesus Christ, with the Holy Spirit, in the glory of God the Father. Amen.



Week 6

## **The Harvest Moon**

The Harvest Moon is the name of the full moon closest to the Autumnal Equinox. In the Northern Hemisphere, the Harvest Moon usually falls in September, but about once every four years it occurs in October.

Observe the Harvest moon as it rises, noting its place in the sky. The full moons around this time of year are unique in that the usual, long period of darkness between sunset and the moon rising is absent. It is said that in days of old, farmers took advantage of these autumn moons, continuing to bring in their crops by moonlight, when the sun had gone down. Hence the name, Harvest Moon.

The Harvest Moon will often appear larger, brighter, and a warmer colour than other moons. This is due to the seasonal tilt of the earth. We perceive the moon to be much larger when low in the sky than when it is overhead; this is an optical illusion known as The Moon Illusion.

As for the colour, this is actually a physical effect. Moonlight usually appears to have a blue colour (actually white light reflected from the sun) but as the moon is low in the sky, you see it through a greater amount of atmospheric particles than when overhead. The particles scatter the blue component of moonlight, allowing the red component of the light to travel a straighter path to the eyes, thus the moon near to the horizon appears to have a golden, orange, or red tint.

Write a Haiku poem about the Harvest Moon

Haiku is a form of poetry that originates from Japan. Usually written about nature, it is an unrhymed, three line poem. There are different ways to write haiku, here is the traditional pattern in English:

Line 1: 5 syllables

Line 2: 7 syllables

Line 3: 5 syllables

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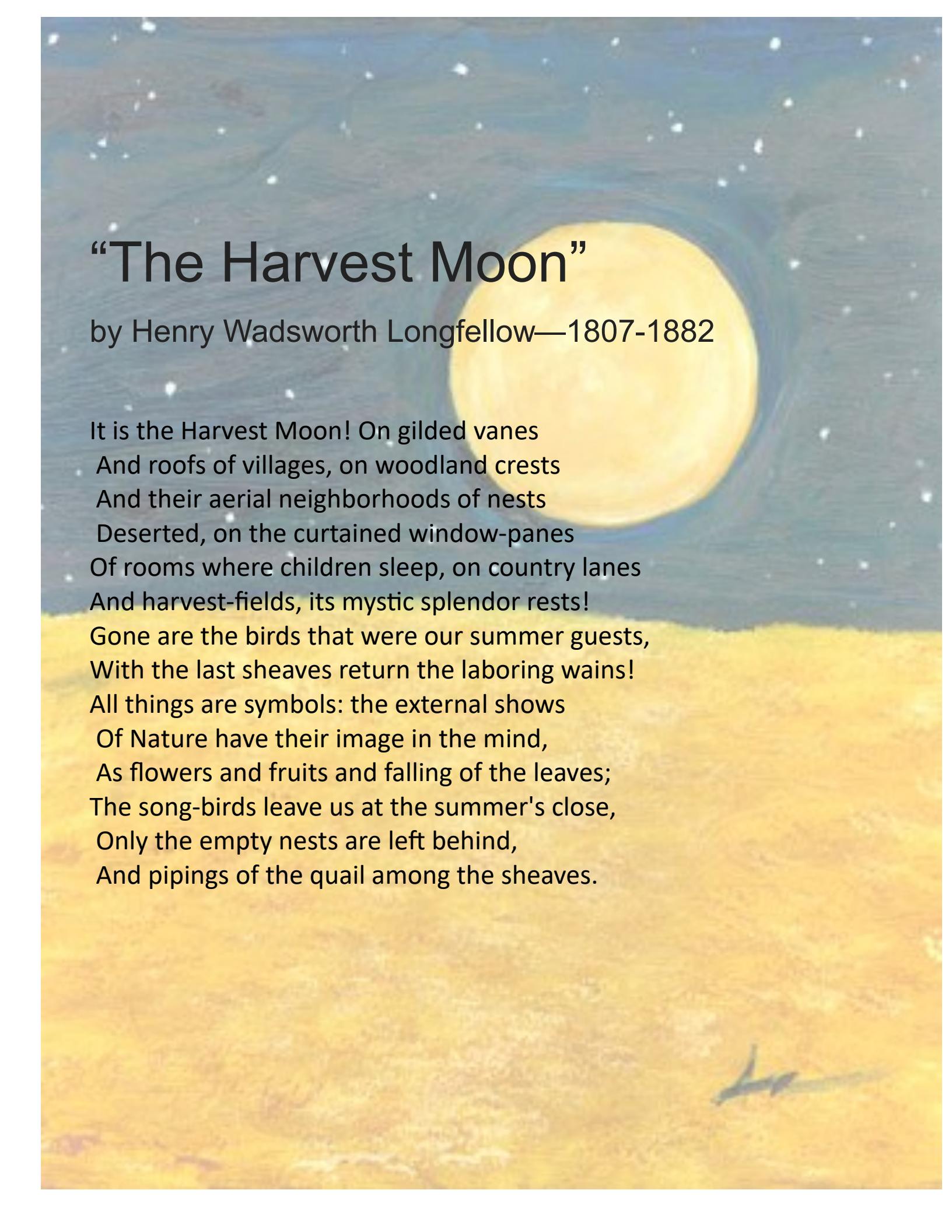
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Research the different moon myths and legends from around the world. In Asian folklore, for example, there is the tale of the rabbit that lives on the moon.

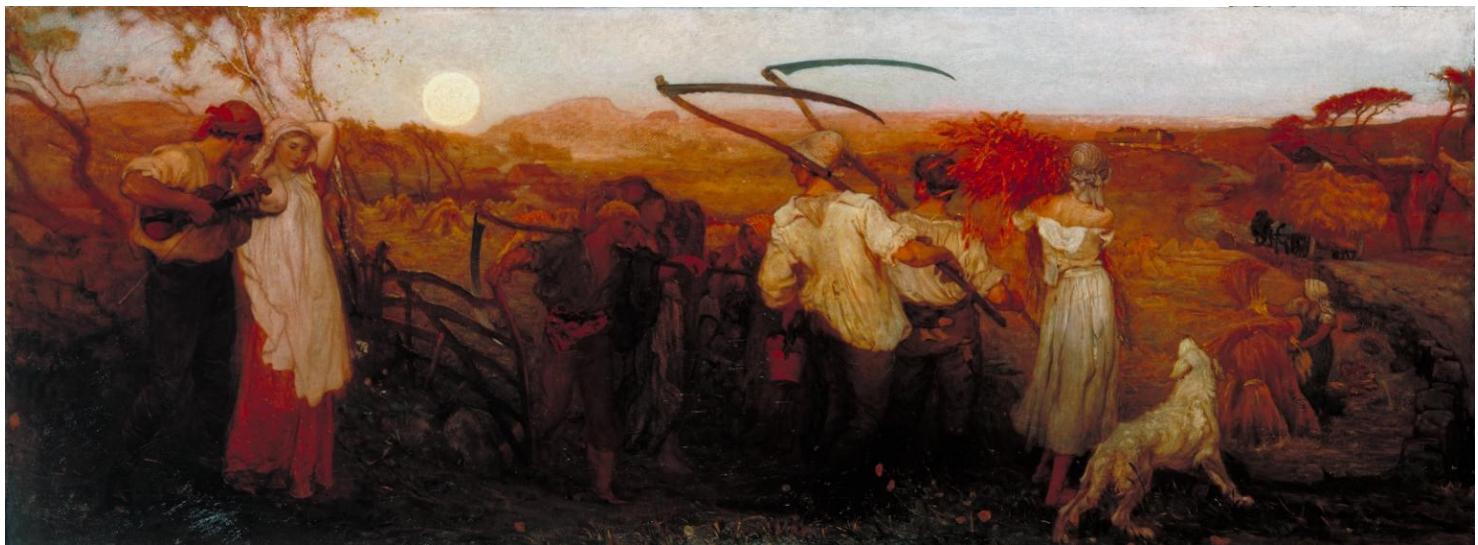
# “The Harvest Moon”

by Henry Wadsworth Longfellow—1807-1882



It is the Harvest Moon! On gilded vanes  
And roofs of villages, on woodland crests  
And their aerial neighborhoods of nests  
Deserted, on the curtained window-panes  
Of rooms where children sleep, on country lanes  
And harvest-fields, its mystic splendor rests!  
Gone are the birds that were our summer guests,  
With the last sheaves return the laboring wains!  
All things are symbols: the external shows  
Of Nature have their image in the mind,  
As flowers and fruits and falling of the leaves;  
The song-birds leave us at the summer's close,  
Only the empty nests are left behind,  
And pipings of the quail among the sheaves.

ARTIST	<u>George Mason</u> 1818– 1872
MEDIUM	Oil paint on canvas
DIMENSIONS	Support: 864 x 2311 mm
COLLECTION	Tate
ACQUISITION	Bequeathed by Lord Faringdon 1934
REFERENCE	N04742



## The Harvest Moon

exhibited 1872

From 1845-1858 Mason was based in Italy where he developed a close friendship with the Italian landscape painter and patriotic revolutionary Giovanni Costa. Together they developed a method which they called 'the Etruscan', which involved preparing a picture in monochrome before laying on the final colour. Following his return to Britain Mason became known for his idyllic landscapes as seen in this harvesting scene. Fluid brushwork and rich colouring emphasise the sheer beauty of the pastoral scene, while suppressing the sense of back-breaking work that was the reality of harvest time.

# Heal our Land

By: Kari Jobe

You take, our lives  
Flawed yet beautiful

Restore, refine  
Lord You're merciful

Redeem, revive

Spirit of God  
Breathe on Your church  
Pour out Your presence  
Speak through Your word  
We pray in every nation, Christ be known  
Our hope and salvation, Christ alone

New power, new wine  
As divisions fall

One church, one bride  
Jesus, Lord of all

With one voice, we cry

Spirit of God  
Breathe on Your church  
Pour out Your presence  
Speak through Your word  
We pray in every nation, Christ be known  
Our hope and salvation, Christ alone

Christ alone

So God we pray to You  
Humble ourselves again  
Lord would You hear our cry?  
Lord will You heal our land?  
That every eye will see  
That every heart will know  
The One who took our sin  
The One who died and rose

So God we pray to You







# Psalm 121:3

He will not let your foot slip—  
he who watches over you will not slumber

## *Unity and Trinity of God*

Q. Is there but one God?

A. Yes; there is but one God

Q. Why can there be but one God?

A. There can be but one God, because God, being supreme and infinite, cannot have an equal.

Q. How many Persons are there in God?

A. In God there are three Divine Persons, really distinct, and equal in all things-the Father, the Son, and the Holy Spirit.

Q. Can we fully understand how the three Divine Persons are one and the same God?

A. We cannot fully understand how the three Divine Persons are one and the same God, because this is a mystery.

Bible Readings:

John 10: 30-36 & Matthew 3:16-17

# Gloria



Glory to God in the highest, and on earth peace to people of good will. We praise You, we bless You, we adore You, we glorify You, we give You thanks for Your great glory, Lord God, heavenly King, O God, almighty Father. Lord Jesus Christ, Only Begotten Son, Lord God, Lamb of God, Son of the Father, You take away the sins of the world, have mercy on us; You take away the sins of the world, receive our prayer; You are seated at the right hand of the Father, have mercy on us. For you alone are the Holy One, You alone are the Lord, You alone are the Most High, Jesus Christ, with the Holy Spirit, in the glory of God the Father. Amen.

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week 7

## **The Autumnal Equinox**

The word 'equinox' literally means 'equal night'. The autumnal equinox and spring (vernal) equinox are the two days in the year when the hours of light and darkness are almost equal. Because the axis of the earth is tilted, the sun does not shine equally upon both hemispheres at the same time. For approximately six months the sun shines more directly upon the northern hemisphere. This is spring and summer time. During this time, the southern hemisphere experiences autumn and winter. As the six months come to an end, the axis of the earth is neither tilted away from the sun, or toward it, hence equal hours of daylight and darkness; the autumnal equinox for the northern hemisphere, and vernal equinox for the southern hemisphere. For the following six months, the sun is shining more directly upon the southern hemisphere, this being spring and summer time there, and for the northern hemisphere, autumn and winter.

Have fun looking for signs of autumn. See if you can find the following:

- A red leaf
- A golden leaf
- A cluster of berries
- A spider's web
- Migrating birds
- An evergreen leaf
- The sound of the wind in the trees overhead
- Something wet
- Something soft
- A mini-beast

Enjoy the process of sketching one or more of these finds into your journals.



## September by Helen Hunt Jackson

The golden-rod is yellow;  
The corn is turning brown;  
The trees in apple orchards  
With fruit are bending down.

By all these lovely tokens  
September days are here,  
With summer's best of weather,  
And autumn's best of cheer.

The gentian's bluest fringes  
Are curling in the sun;  
In dusty pods the milkweed  
Its hidden silk has spun.

But none of all this beauty  
Which floods the earth and air  
Is unto me the secret  
Which makes September fair.

The sedges flaunt their harvest,  
In every meadow nook;  
And asters by the brook-side  
Make asters in the brook.

'T is a thing which I remember;  
To name it thrills me yet:  
One day of one September  
I never can forget.

From dewy lanes at morning  
The grapes' sweet odours rise;  
At noon the roads all flutter  
With yellow butterflies.





**Haystacks (End Of Summer) by Claude Monet (1840-1926)**

Oil on canvas. France. 1890-91

What I see...

Texture

Line

Shape

Direction

Movement

Contrast

Balance

# Sons and Daughters

By: North Point

Before He spoke creation  
The God of Heaven knew our name  
And formed in His reflection  
We are His glory on display

And His heart is good  
He's always kind  
With the cross He proved  
He's on our side

We are the sons, we are the daughters of God  
No matter where we go, we're close to the Father's heart  
And though we stumble, He will not let us fall  
Because we are the Lord's and He will never forsake His own  
We are the sons, we are the daughters of God



# Proverbs 18:4

The words of a man's mouth are as deep waters,  
and the wellspring of wisdom as a flowing brook.

## *Creation and the Angels*

Q17. What do we mean when we say that God is the Creator of heaven and earth?

A. When we say that God is the Creator of heaven and earth we mean that He made all things from nothing.

Q19. What are angels?

A. Angels are created spirits, without bodies.

Q20. Did all angels remain faithful to God?

A. Not all the angels remained faithful to God; some of them sinned.

Q22. how do the good angels help us?

A. The good angels help us by praying for us, by acting as messengers from God to us, and by serving as our guardian angels.



# Sanctus

Holy, Holy, Holy Lord God of hosts.

Heaven and earth are full of Your glory.

Hosanna in the highest.

Blessed is He Who comes in the name of the Lord.

Hosanna in the highest.



Week 8

## **Autumn Leaves**

October really is a beautiful month; the landscape is alive with glowing, jewel tones; but where do those wonderful colours come from?

Inside each leaf are various pigments; the green is chlorophyll, the yellow is xanthophyll, and the orange, carotene. During spring and summer, the chlorophyll is working very hard, catching sunlight to use as energy, and converting the carbon dioxide in the air and the water from the ground into glucose, (sugar) which is food for the tree. Because the chlorophyll is working so hard, the green pigment covers up the other pigments present in the leaves. As autumn approaches, the weather gets colder and the days shorter. This signals the tree to prepare for winter. Instead of the tree continuing to absorb water into the leaves, cell membranes grow over the tubes that the water travels through. Without this water present, the green chlorophyll begins to diminish and the other pigments present in the leaves, the yellow xanthophyll and orange carotene, are finally visible. The leaves have always been these glorious colours! But it is only when the chlorophyll pigments are gone can we see these wonderful shades.

Autumn leaves can also be shades of red, or even purple. When the tubes within the leaves close off to prevent more water getting in, sometimes sugars are trapped within those tubes. The sugars can cause the sap to turn red or purple, which appears as beautiful colours in the leaves.

Once the leaves no longer have water and food inside them, they begin to die. The green chlorophyll dies off first, then the yellow xanthophyll and orange carotene. When all the pigment is gone, the leaves are brown and usually crunchy.

Select your favourite leaves to sketch below...

Using page 92 from *What Really Happened in Ancient Times*, take your time drawing and painting the map of ancient Egypt. Makes sure to label everything.

## **October's Party by George Cooper**

October gave a party;  
The leaves by hundreds came—  
The Chestnuts, Oaks, and Maples,  
And leaves of every name.  
The Sunshine spread a carpet,  
And everything was grand,  
Miss Weather led the dancing,  
Professor Wind the band.

The Chestnuts came in yellow,  
The Oaks in crimson dressed;  
The lovely Misses Maple  
In scarlet looked their best;  
All balanced to their partners,  
And gaily fluttered by;  
The sight was like a rainbow  
New fallen from the sky.

Then, in the rustic hollow,  
At hide-and-seek they played,  
The party closed at sundown,  
And everybody stayed.  
Professor Wind played louder;  
They flew along the ground;  
And then the party ended  
In jolly "hands around."



Autumn Foliage By Tom Thomson (1877-1917)

Oil on wood. Canada. 1915

Listen to 'Autumn' from 'The Four Seasons' by Vivaldi.

The Four Seasons is a set of four short violin concertos written around 1720. Each "season" is a three-movement work lasting about ten minutes.

Enjoy listening to this piece of music in a way that suits you best; you could lie down somewhere cosy whilst you listen, dance joyfully around the room, write a story about what you think Vivaldi is describing with his music, or draw what comes to your mind. How do you think Antonio Vivaldi pictured autumn?

Draw your own wreath around the bible verse this week.

# Psalm 150:6

Let everything that has breath praise the Lord.

## *Creation and the Fall of Man*

Q24. What is man?

A. Man is a creature composed of body and soul, and made to the image and likeness of God.

Q28. What happened to Adam and Eve on account of their sin?

A. On account of their sin Adam and Eve lost sanctifying grace and the right to heaven, and were driven from the Garden of Paradise.

Liturgical Action:

Read Psalm 50

Do you think it expresses this lesson well?



Week 9

## **Autumn Pond Study**

Observe the plant life in and around the pond. How are the plants preparing for autumn?

There are four zones to consider:

- Marginal plants. These plants grow around the pond edge and in marshy areas: Meadowsweet. This is a tall plant and good for birds in autumn Water Forget-Me-Not. This plant flowers from spring to autumn, so you may possibly see flowers if the weather is mild.
- Emergent plants. Plants growing in shallower areas: Bullrushes, Yellow Flag Iris, Swamp Grasses (great hiding place for pond invertebrates)
- Submerged plants, but with floating leaves: Water lily, Water Crowfoot
- Totally submerged plants: Various pond weeds (fennel, shining, horned)

Notice the water level of the pond. Take a photograph if possible, including a visual marker. This can be added to your journals and we shall be looking to see if the water level changes through the seasons.

Look around for signs of autumn; changing colours, migrating birds, frogs returning to the pond to spend the winter. Choose what is most appealing to record in their nature journal.

Pay close attention to the colours you see all around you. Record 'swatches' of paint or coloured pencil to represent the autumn shades that you see.

Geese and certain ducks migrate in autumn to warmer climates. In the UK, some of the Mallard ducks you see in the winter may have migrated from Northern Europe so as to have access to more plentiful food supplies. Plot out the migration route of one of the types of duck or goose that spend time at your local pond. You can draw this if you wish.

Write a story about a migrating duck or goose. Describe its journey from beginning to end, and the adventures it has along the way.

## The Lake Isle of Innisfree

By W.B. Yeats

I will arise and go now, and go to Innisfree,  
And a small cabin build there, of clay and wattles made;  
Nine bean-rows will I have there, a hive for the honey-bee,  
And live alone in the bee-loud glade.

And I shall have some peace there, for peace comes dropping slow,  
Dropping from the veils of the morning to where the cricket sings;  
There midnight's all a glimmer, and noon a purple glow,  
And evening full of the linnet's wings.

I will arise and go now, for always night and day  
I hear lake water lapping with low sounds by the shore;  
While I stand on the roadway, or on the pavements grey,  
I hear it in the deep heart's core.



The Water-Lily Pond Water Irises By Claude Monet (1840-1926)

Oil on canvas. France. 1920-26

Listen to *Priceless* by For King & Country then answer one or more of the following questions...

Which verse do you like the most? Does it make you think of any bible verses? What do you think about this song?

Draw your own wreath around the bible verse this week.

# Psalm 119:11

"I have hidden your word in my heart that I might  
not sin against you"

October is the Month of the Rosary

Joyful

Luminous

Sorrowful

Glorious



Week 10

### **Autumn Tree Study**

Observe and discuss the different trees. Adopt a tree to be your very own special tree, to observe and study throughout the seasons. Take time to look very closely at your special tree (everyone can have their own tree, if preferred. You don't have to share the same.)

Study the shape of the leaves (or needles) and sketch them.

Notice the maturing fruit your tree has, there are many different types; berries, hips, winged seeds, actual fruits, and nuts, among others. Again, sketch this, making any notes that will help you to understand what you have observed.

Examine the bark of your tree.

Look in a field guide and see if you can identify the tree you have chosen.

**Estimate the height of your tree**

**Name your tree**

**Make a map to show the position of your tree.**

## **Autumn Fancies by Anonymous**

The maple is a dainty maid,  
The pet of all the wood,  
Who lights the dusky forest glade  
With scarlet cloak and hood.

The elm a lovely lady is,  
In shimmering robes of gold,  
That catch the sunlight when she moves,  
And glisten, fold on fold.

The sumac is a gypsy queen,  
Who flaunts in crimson dressed,  
And wild along the roadside runs,  
Red blossoms in her breast.

And towering high above the wood,  
All in his purple cloak,  
A monarch in his splendour is  
The proud and princely oak.



The Mulberry Tree by Vincent Van Gogh (1853-1890)

Oil on canvas. France. October 1889

## ***Where I Belong* by Building 429**

All I know is I'm not home yet  
This is not where I belong  
Take this world and give me Jesus  
This is not where I belong

# *Ephesians 6:1*

Children, obey your parents in the Lord,  
for this is right.

## *Actual Sin*

Q32. Is original sin the only kind of sin?

A. Original sin is not the only kind of sin; there is another kind, called actual sin, which we ourselves commit.

Q33. What is actual sin?

A. Actual sin is any willful thought, desire, word, action, or omission forbidden by the law of God.

Q34. How many kinds of actual sin are there?

A. There are two kinds of actual sin: mortal sin and venial sin.

## *The Confiteor*

I confess to almighty God and to you, my brothers and sisters, that I have greatly sinned, in my thoughts and in my words, in what I have done and in what I have failed to do, through my fault, through my fault, through my most grievous fault; therefor I ask blessed Mary ever-Virgin, all the Angels and Saints, and you, my brothers and sisters, to pray for me to the Lord our God.

May almighty God have mercy on us, forgive us our sins, and bring us to everlasting life.



Week 11

## Pumpkins

Late Autumn is the perfect time to learn about pumpkins. A time of plenty, when the harvest has been gathered in, this is a time to be thankful for all we have, and to remember those who are in need.

This week, as a change from visiting your special nature spot, you will be visiting a local farm that has pumpkins for sale.

Looking at all the different types of pumpkins available. Observe their different shapes and glorious colours. Choose a pumpkin (or pumpkins!) to bring home for further study.

Sketch your pumpkin. Take time to observe the texture of your pumpkin as you sketch. Is it glossy and smooth, rough and dull, or something in between?

Take care whilst mixing your watercolour to add the right balance of pigment to represent your pumpkin accurately. A touch more yellow will give you a more golden colour, a touch more red will give a deeper hue.

If you are using coloured pencils, you can layer them one over another to give beautiful, life-like shades.

Label your sketch with the following parts:

- Stem
- Skin
- Rib

## Design a Vacation:

Begin researching an area you would love to visit. Choose any location around the world. What would you do there? Who might you meet? What kind of food would you eat? How would you get there?

## October ~ Traditional

Golden is the garden,  
Golden is the glen,  
Golden, golden, golden,  
October's here again.

Golden are the tree-tops,  
Golden is the sky,  
Golden, golden, golden,  
October's here again.



Still Life with Two Jars and Two Pumpkins by Van Gogh (1853-1890)

Oil on canvas. Netherlands. 1885

# Matthew 22:39

"You shall love your neighbor as yourself"

# 1 John 4:7

Beloved, let us love one another, for love is from God, and whoever loves has been born of God and knows God.

## *The Incarnation*

*“I believe... in Jesus Christ, His only Son, our Lord, Who was conceived by the Holy Spirit, born of the Virgin Mary...”*

God wanted to send His son to earth to save men from their sins. He wanted Him to be born and grow up and work and suffer with us and for us.

So He asked Mary to be the Mother of His Son. She knew her Son would have to suffer and die for the sins of men, and she would feel it with Him, but she wanted everything God wanted, no matter what the cost. So she said, “Yes.” Then God sent His Son to her by the power of His Holy Spirit.

Q44. How many natures has Jesus Christ?

A. Jesus Christ has two natures; the nature of God and the nature of man. *A nature is WHAT someone is. A person is WHO someone is.*

Jesus had no earthly father. Saint Joseph was His foster father. He took the place on earth of Jesus’ Father in heaven.

The *Magnificat*, taken from Luke's Gospel (1:46-55), is the Blessed Virgin Mary's hymn of praise to the Lord. It is also known as the Canticle of Mary in the Liturgy of the Hours, a special collection of scripture readings, psalms, and hymns that constitute what is known as the prayer of the church. (Priests and other religious are required to pray sections from the Liturgy of the Hours each day.)

Although the *Magnificat* has had numerous musical settings from such composers as Palestrina, Bach and Mozart, it can be recited as well as sung. Its name comes from the first line of its text in Latin ("Magnificat anima mea Dominum") translated in the first line below. Mary proclaims the Lord's greatness with characteristic humility and grace here.

**My soul magnifies the Lord  
And my spirit rejoices in God my Savior;  
Because He has regarded the lowliness of His handmaid;  
For behold, henceforth all generations shall call me blessed;  
Because He who is mighty has done great things for me,  
and holy is His name;  
And His mercy is from generation to generation  
on those who fear Him.  
He has shown might with His arm,  
He has scattered the proud in the conceit of their heart.  
He has put down the mighty from their thrones,  
and has exalted the lowly.  
He has filled the hungry with good things,  
and the rich He has sent away empty.  
He has given help to Israel, his servant, mindful of His mercy  
Even as he spoke to our fathers, to Abraham and to his posterity forever.**



Week 12

## Fungus

Many people think that fungi are plants. Fungi in fact have their own 'Kingdom'. Scientists generally agree there are six Kingdoms Of Living Things;

- Animal
- Plant
- Fungi
- Protist; these are mostly single-celled organisms that do not fit into the other kingdoms.
- Eubacteria; most bacteria belong to this kingdom. Single-celled and complex, they are the kinds found everywhere and are the ones people are most familiar with.
- Archaebacteria; also complex and single-celled, these bacteria are found in extreme environments, the bottom of swamps, boiling hot springs, etc.

Fungi do not have chlorophyll. Chlorophyll is the green pigment found in plants that absorbs sunlight and uses its energy to make food from water and carbon dioxide gas. For this reason, fungi obtain their food from other sources, generally dead plant or animal materials.

A fungus sends out a web of white, thread-like strands, called mycelia, throughout the material from which it is drawing its nourishment. The mycelia develop swellings filled with millions of spores. These swellings grow up through the surface, this is what we know as 'mushrooms'! The mushroom is the fruit of the fungus in very much the same way that an pear is the fruit of a pear tree. These mushrooms then produce spores, which float away in the air to produce new fungus elsewhere.

As the fungi feed, they play an essential role in nature's recycling, breaking down dead organisms, such as fallen trees. They then release nutrients back into the soil.

Draw a diagram of a mushroom in your journal. Label the diagram with these parts:

- Stem
- Gills
- Cap or Fruit Body
- Mycelium

Choose a fungus, and sketch it. Look in your field guide to see if you can identify it.

- Be sure to add extra notes:
- On what did you find the fungus growing?
- What does it smell like? Earthy, perhaps? Or a richer smell?
- What does it feel like? Soft and velvety? Wet and slimy?

Taking time to record these brief notes will really help to grow your knowledge in the world around you.

## ***The Elf And The Dormouse by Oliver Herford***

Under a toadstool crept a wee Elf,

Out of the rain to shelter himself.

Under the toadstool, sound asleep,

Sat a big Dormouse all in a heap.

Trembled the wee Elf, frightened and yet

Fearing to fly away lest he get wet.

To the next shelter--maybe a mile!

Sudden the wee Elf smiled a wee smile.

Tugged till the toadstool toppled in two.

Holding it over him, gaily he flew.

Soon he was safe home, dry as could be.

Soon woke the Dormouse--"Good gracious me!

"Where is my toadstool?" loud he lamented.

-And that's how umbrellas first were invented.

The Mushroom Gatherers by Henry Herbert La Thangue (1859-1929)

Oil on canvas. England. Mid 1890's



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Listen to some classical music this week. Which composer do you enjoy the most? Do you have a favorite song? Watch *Fantasia* and create your own art based on music below.

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# Isaiah 9:6

Praise for God's incredible love for us, that He would deliver us a Savior. For a child will be born to us, a son will be given to us; and the government will rest on His shoulders, and His name will be called Wonderful Counselor, Mighty God, Eternal Father, Prince of Peace.

## *Redemption*

Q46. What is meant by the Redemption?

A.By the Redemption is meant that Jesus Christ offered His sufferings and death to God in satisfaction for the sins of men.

## *Agnus Dei*

*Lamb of God, You take away the sins of the world,*

*have mercy on us,*

*Lamb of God, You take away the sins of the world,*

*have mercy on us,*

*Lamb of God, You take away the sins of the world,*

*grant us peace.*



Week 13

## Moss

It is thought there are around 12,500 different species of moss world wide, but this number could be as high as 14,500. Fairly simple plants, mosses do not flower, instead putting out spore-containing capsules (sporangia) when it is time to reproduce. They also lack roots, so are unable to absorb water in the same way as other plants, but many species have an arrangement of hair like strands to anchor them in place. They rely on dewdrops and raindrops for water to grow, and have a waxy covering that helps prevent the water from evaporating. As the mosses spread, they enable the soil to retain moisture.

Moss is classified as a nonvascular plant, being unable to retain water, or deliver it to other parts of the plant body. This is the reason mosses do not grow into large plants, instead they remain tiny. Other plants in this classification include liverworts, and hornworts.

## Handbook Of Nature Study

Moss, broom, 712-13

Club, 707

Fern, common, 712-13

Hair-cap, 709-14

Awned, 712-12

Common, 712-13

Pigeon wheat, 712-13

Plume, 712-13

## Make a terrarium

1. Choose a lidded glass container & wash thoroughly.
2. Add a layer of small stones / pebbles to use as drainage.
3. Next, add a thin layer of activated charcoal. This will keep your terrarium healthy, reducing bacteria etc.
4. Add a layer of soil. How much will depend upon the plants you wish to have in your terrarium. You will only need a very thin layer if you plan to just have moss.
5. Add your moss, and other plants if desired.
6. Water your terrarium.
7. Decorate your terrarium. A few pretty rocks, or a little ornament will bring it to life!

Narrate or write and illustrate a story, all about a woodland creature who makes a bed in the soft, cosy moss.

ALL OVERGROWN BY CUNNING MOSS BY EMILY DICKINSON

ALL OVERGROWN BY CUNNING MOSS,  
ALL INTERSPERSED WITH WEED,  
THE LITTLE CAGE OF “CURRER BELL”  
IN QUIET HAWORTH LAID.

THIS BIRD, OBSERVING OTHERS,  
WHEN FROSTS TOO SHARP BECAME,  
RETIRE TO OTHER LATITUDES,  
QUIETLY DID THE SAME.

BUT DIFFERED IN RETURNING;  
SINCE YORKSHIRE HILLS ARE GREEN,  
YET NOT IN ALL THE NESTS I MEET  
CAN NIGHTINGALE BE SEEN.

GATHERED FROM ANY WANDERINGS,  
GETHSEMANE CAN TELL  
THROUGH WHAT TRANSPORTING ANGUISH  
SHE REACHED ASPHODEL!

SOFT FALLS THE SOUND OF EDEN  
UPON HER PUZZLED EAR;  
OH, WHAT AN AFTERNOON FOR HEAVEN,  
WHEN BRONTE ENTERED THERE!



Barn With Moss-Covered Roof by Van Gogh (1853-1890)

Watercolour and pencil. Netherlands. 1881

The God I Know by Love & the Outcome

I can throw my hands up, worries down

I can remember when He showed me how

To break up with my doubt

Once I was lost, but now I'm found

No strings attached, when He saved my soul

I want you to know, the God I know

Oh, you gotta know, oh, the God I know

# *1 Timothy 4:12*

Don't let anyone think less of you because you are young. Be an example to all believers in what you say, in the way you live, in your love, your faith, and your purity.

## *The Holy Spirit & Grace*

Q55. How many kinds of grace are there?

- a. There are two kinds of grace; sanctifying grace and actual grace.

From the Bible:

Acts 1:1-12

Acts 2: 1-8, 38-47

Symbols of the Holy Spirit:

DOVE

TONGUES OF FIRE

WIND



Week 14

## Lichen

Lichens are another group of non-flowering plants. A combination of fungus and an alga (Algae are very simple plants) that grow together to form a close partnership, creating a symbiotic relationship. This means that both partners benefit from their relationship; the fungus provides the habitat, and the alga the food (through photosynthesis). A way to help children remember this relationship is the phrase "A Fungus met an alga and they took a liken' (lichen) to one another."

Lichens will grow in many environments, including extreme conditions, from arctic to barren climates. They grow on every continent on the earth, but are extremely susceptible to impurities in the air, and are therefore excellent indicators of pollution.

There are three basic lichen shapes, with many variations upon these.

- Crustose (crusty / flat)

These lichens form tightly attached crusts to whatever they are growing on.

- Foliose (leafy)

Loosely attached to whatever they are growing on, they are flat, leaf-like lichens.

- Fruticose (shrubby)

Shrub-like lichens.

# Eratosthenes

## *November*

By William Cullen Bryant

Yet one smile more, departing, distant sun!

One mellow smile through the soft vapoury air,

Ere, o'er the frozen earth, the loud winds ran,

Or snows are sifted o'er the meadows bare.

One smile on the brown hills and naked trees,

And the dark rocks whose summer wreaths are cast,

And the blue Gentian flower, that, in the breeze,

Nods lonely, of her beauteous race the last.

Yet a few sunny days, in which the bee

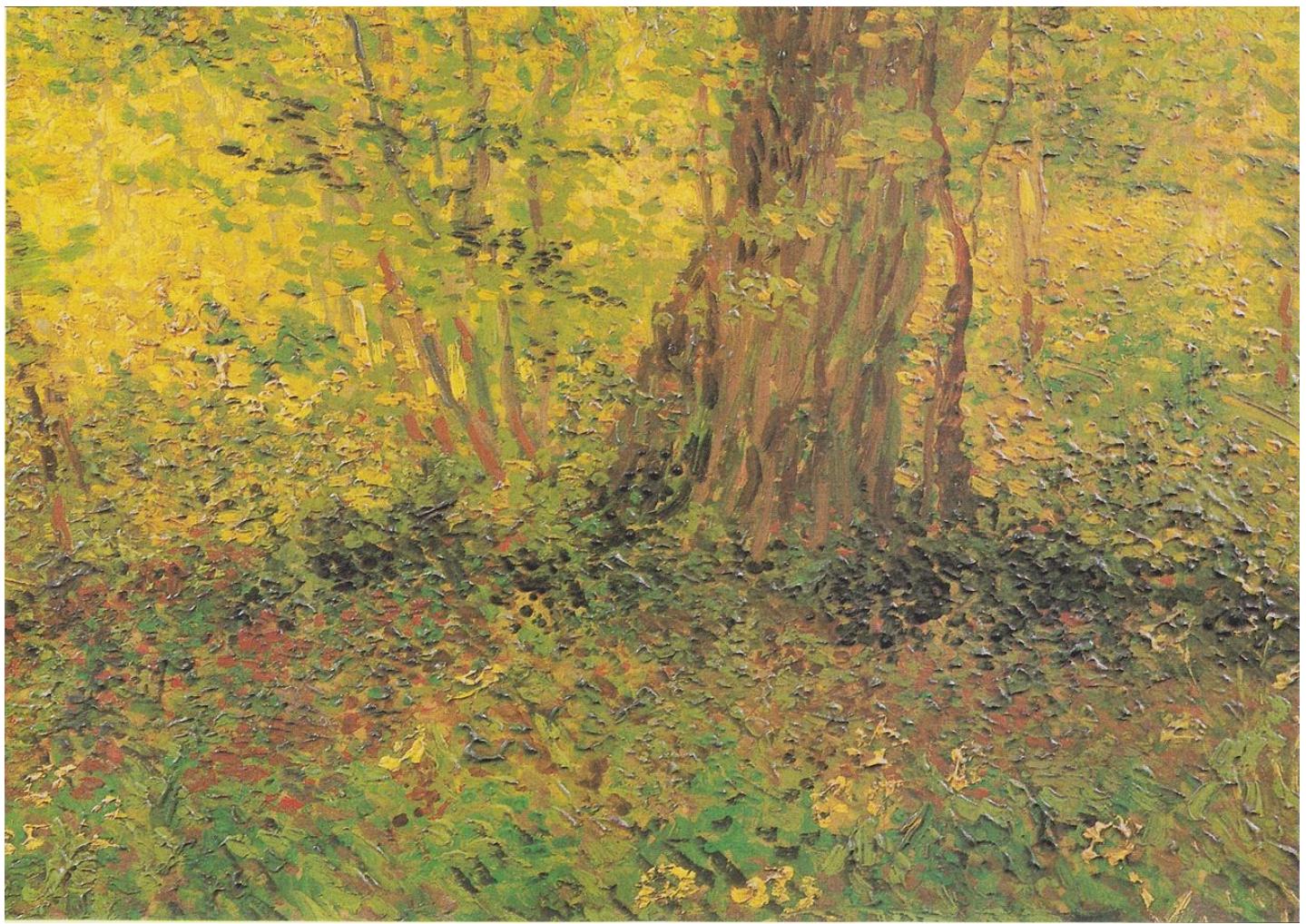
Shall murmur by the hedge that skim the way,

The cricket chirp upon the russet lea,

And man delight to linger in thy ray.

Yet one rich smile, and we will try to bear

The piercing winter frost, and winds, and darkened air.



Undergrowth by Van Gogh (1853-1890)

Van Gogh completed a series of paintings of trees & undergrowth.

The one mentioned above is displayed at the Central Museum, Utrecht, The Netherlands.

Oil on canvas. France. 1887

*Ephesians 4:32*

Be kind and compassionate to one another

## *Virtues and Gifts of the Holy Spirit*

Q59. What are the chief powers that are given to us with sanctifying grace?

A. The chief powers that are given to us with sanctifying grace are the three theological virtues and the seven gifts of the Holy Spirit.

Q60. What are the three theological virtues?

A. The three theological virtues are faith, hope, and charity.

From the Bible:

Galatians 5: 16-25

Romans 8



Week 15

## **Weather**

This week, take a ‘weather walk’. Observing the weather can be great fun, and is an important skill used by peoples over the ages. Record the following information:

- The date and time of day
- Basic information about the weather
- The temperature
- Sketches of the cloud formations
- Note the wind strength and how this is affecting the environment around you.
- Make a note of what the local wildlife is doing - animal, and to a lesser extent, plant activities are closely tied to the weather. For example, birds will often come out in rainy weather to find worms, but will not fly far in windy conditions.

Note all you observe.

Wind is simply the movement of a huge amount of air. It is formed when the sun heats the earth’s atmosphere differently in some parts than others. This is due to factors such as mountains and valleys, cloud cover, bodies of water, and so forth. The warmer air expands and rises, as it is lighter (less dense.) This causes less air pressure, or low air pressure, compared to areas where the air is cooler (high pressure areas.) The air moves from the high pressure (cooler) areas, to the low pressure (warmer) areas. This movement of air is wind. The greater the difference in air pressure, the stronger the wind will be.

**St. Polycarp**

## *Who Has Seen the Wind? By Christina Rossetti*

Who has seen the wind?  
Neither I nor you:  
But when the leaves hang trembling,  
The wind is passing through.

Who has seen the wind?  
Neither you nor I:  
But when the trees bow down their heads,  
The wind is passing by.

Pine Island, Georgian Bay by Tom Thomson (1877-1917)

Oil on canvas. Canada. 1914-1916



# *Hebrews 13:8*

*Jesus Christ is the same yesterday,  
today, and forever.*

# *The Catholic Church*

## Q65. What is the Church?

A. The Church is the congregation of all baptized persons united in the same true faith, the same sacrifice, and the same sacraments, under the Holy Father, the Pope.

## CCC:

**751** The word "Church" (Latin *ecclesia*, from the Greek *ek-ka-lein*, to "call out of") means a convocation or an assembly. It designates the assemblies of the people, usually for a religious purpose. *Ekklesia* is used frequently in the Greek Old Testament for the assembly of the Chosen People before God, above all for their assembly on Mount Sinai where Israel received the Law and was established by God as his holy people. By calling itself "Church," the first community of Christian believers recognized itself as heir to that assembly. In the Church, God is "calling together" his people from all the ends of the earth. The equivalent Greek term *Kyriake*, from which the English word *Church* and the German *Kirche* are derived, means "what belongs to the Lord."

**752** In Christian usage, the word "church" designates the liturgical assembly, but also the local community or the whole universal community of believers. These three meanings are inseparable. "The Church" is the People that God gathers in the whole world. She exists in local communities and is made real as a liturgical, above all a Eucharistic, assembly. She draws her life from the word and the Body of Christ and so herself becomes Christ's Body.



Week 16

## **Christmas Plants**

There are lots of lovely plants around at Christmas time; The evergreens, Holly, Ivy, Mistletoe, Christmas Roses, (Hellebores) Poinsettias and so forth. In this week's activity we will be taking a closer look at them.

Choose a plant or tree to study. You can always bring a small part of the plant home to study if the weather is not nature journal friendly. If the weather is very bad, you could study a Christmas house plant instead, such as a Poinsettia or Christmas Rose. Look carefully at your plant, or part of the plant. We are going to pay particular attention to the leaves or needles.

If your plant has leaves:

- Observe the shape of the leaf, and the leaf tip.
- Sketch carefully into your nature journal.
- Observe the arrangement of the veins. Often they are easier to see on the underside of the leaf.
- Add this pattern to your sketch.
- Measure the length and width of your leaf.
- Label your sketch with these measurements.
- Feel the texture of the leaf surface. What words would you use to describe it?
- Here are some words to get you started: Smooth, rough, soft, tough, dull, glossy.
- Write your chosen words next to your sketch.

If you have a branch from a coniferous tree:

Coniferous trees (sometimes called evergreens) are cone bearing trees. They do not produce flowers. The seeds of the tree are stored within the cone and when the cone opens, the seeds fall out. These trees grow upward rather than outwards & have a triangular shape. This makes for a strong and hardy tree; its branches are prevented from breaking under the weight of lots of snow. The leaves of coniferous trees are either long, needle like, and pointed, or they can be small, flat, and scale like. We often just describe them as needles. The needles or scales will stay on the tree for several years and fall off gradually.

Now let's look at the "leaves" from the coniferous trees.

- Observe the shape of the needles.
- Sketch carefully into your nature journal.
- Measure the length and width of your needle.
- Label your sketch with these measurements.
- How many needles are in a group?
- Record this in your nature journal.
- Feel the texture of the needles. What words would you use to describe them?
- Here are some words to get you started: Soft, tough, sharp, prickly, glossy.
- Write your chosen words next to your sketch.



## The Holly & The Ivy

Traditional

The holly and the ivy,  
Now are both well grown.  
Of all the trees that are in  
the wood

The holly bears the crown.

The holly bears a blossom  
As white as the lily flower,  
And Mary bore sweet Jesus  
Christ

To be our sweet Saviour.

The holly bears a berry  
As red as any blood,  
And Mary bore sweet Jesus  
Christ

To do poor sinners good.

The holly bears a prickle  
As sharp as any thorn,  
And Mary bore sweet Jesus  
Christ  
On Christmas Day in the morn.

The holly bears a bark  
As bitter as any gall,  
And Mary bore sweet Jesus  
Christ  
For to redeem us all.

The holly and the ivy  
Now are both well grown,  
Of all the trees that are in  
the wood  
The holly bears the crown.



Christmas Roses by Claude Monet (1840-1926)

Oil on canvas. 1883

# *John 3: 16*

For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life

## *Marks of the Church*

Q74. What are the chief marks of the Church?

A. The chief marks of the Church are four; It is one, holy, catholic (universal), and apostolic.

Bible:

The Church must grow in unity and love, though those in it have different functions.

Ephesians 4: 1-16

Acts 1: 1-8



Week 17

## **Winter Birds**

We may feel the cold in winter, but our feathered friends are well adapted to help them keep warm:

- Feathers

Layers of feathers and a coat of waterproofing oil help to provide warmth and reduce heat loss.

Birds ‘fluff’ their feathers up, which traps air for additional insulation and often they will tuck their beaks into their feathers too.

You may also spot them crouching down to cover their legs for extra warmth.

- Body Fat

Birds lay down fat reserves to help them survive the cold winters. Some small birds are only able to lay down enough fat to get them through a night and most of their daylight hours are spent foraging for food.

- Legs and Feet

Birds are able to constrict the blood flow to their feet and have special scales covering them, both of these factors reduce heat loss. Their blood vessels enable warm blood flowing from the body to transfer heat to the cool blood returning from the feet. This helps to keep the bird alive in severe weather by maintaining the bird’s core temperature.

- On fine winter days, birds will often turn their backs to the sun. This greater surface area absorbs the heat more efficiently, keeping the bird warm. They may also roost, grouping together to share and conserve heat.

The difficulty birds face in the harsher winter months is finding enough food to survive; the ground can become too hard, and snow or ice can hide natural food supplies. They need to be eating a greater amount, but also must rest to conserve their energy.

**Decorate the tree you adopted back in October, with edible garlands and decorations, especially for the birds.**

Look up the birds you see in your local field guide and choose one or two to sketch. Add notes from your discussions, such as how the bird uses its beak. You may find it helpful to sketch from the field guide, as the birds move so very quickly.

## **A Bird Came Down The Walk**

by Emily Dickinson

A Bird came down the Walk -

He did not know I saw -

He bit an Angle Worm in halves

And ate the fellow, raw,

And then, he drank a Dew

From a convenient Grass -

And then hopped sidewise to the Wall

To let a Beetle pass -

He glanced with rapid eyes,

That hurried all abroad -

They looked like frightened Beads, I thought,

He stirred his Velvet Head. -

Like one in danger, Cautious,

I offered him a Crumb,

And he unrolled his feathers,

And rowed him softer Home -

Than Oars divide the Ocean,

Too silver for a seam,

Or Butterflies, off Banks of Noon,

Leap, splashless as they swim.

Cock and Hen Pheasant in Winter by Archibald Thorburn (1860-1935)

Gouache and watercolour. 1926



# *Proverbs 4:23*

Above all else, guard your heart, for everything  
you do flows from it

St. Constantine

## *Communion of Saints and the Forgiveness of Sins*

The word *communion* means a sharing. The more we love one another in Christ, the more we shall want to share our all with one another.

Besides sharing the things we can see, we also want to share what we cannot see. This is all the graces and spiritual riches which God has given us. The more we love one another the more we will share in the graces and spiritual riches that God has given every one of us. This sharing is the *communion of saints*.

We can help those in spiritual need by our prayers, especially the souls in purgatory. And we can be helped by the prayers of others.



Week 18

## The Winter Solstice

The Winter Solstice occurs in the Northern Hemisphere each year between December 20th and December 22nd. It marks the shortest day and the longest night of the year. For the Southern Hemisphere, the Winter Solstice occurs between June 20th and June 22nd.

Our Earth rotates once in every twenty four hours, giving us night and day. It doesn't stand upright as it spins, but is actually tilted. This tilt in the earth's axis is the reason for our four seasons. During winter time, the Northern Hemisphere tilts away from the sun and therefore receives less sunlight. The sun is seen to be low in the sky, appearing at its lowest point on the winter solstice, crossing the sky in the quickest time, therefore making this the shortest day of the year.

The sun actually appears to stand still in the sky (its midday height in the sky appears to be the same) for several days both before and after the solstice. The word solstice is actually derived from two Latin words: "sol" meaning sun, and "sistere" to cause to stand still.

This marks the turning point, and the days begin to grow longer again and the nights shorter.

Enjoy looking for signs of winter. See if you & your child can find the following:

- The pale winter sun, low in the sky
- A nibbled evergreen cone
- Birds' nests visible in the bare trees
- Animal tracks in mud or snow
- Glossy, prickly Holly leaves
- A delicate leaf skeleton
- Leaves still hanging from a tree
- Spiky Pine Needles
- Smooth oak galls
- Lichen on fallen wood
- Bright red berries

Enjoy the process of sketching one or more of these finds.

## The Sun's Travels

By Robert Louis Stevenson

The sun is not a-bed, when I  
At night upon my pillow lie;  
Still round the earth his way he takes,  
And morning after morning makes.

While here at home, in shining day,  
We round the sunny garden play,  
Each little Indian sleepy-head  
Is being kissed and put to bed.

And when at eve I rise from tea,  
Day dawns beyond the Atlantic Sea;  
And all the children in the west  
Are getting up and being dressed.



Winter Solstice by Dame Barbara Hepworth (1903-1975)

There are two pieces with this title by Dame Barbara Hepworth, the first created in 1970, the second in 1971.

Screen print on paper.

# James 4:7

Submit yourselves, then, to God. Resist the devil,  
and he will flee from you

## *The Resurrection and the Life Everlasting*

Q79. Has the body of any human person ever been taken into heaven?

A.By the special favor of her Assumption, the body of the Blessed Virgin Mary was raised from the dead and taken into heaven.

From the Bible:

Happiness of Heaven—Revelation 21: 3-4

Die to sin to rise with Christ— Romans 6: 3-11

Resurrection— 1 Corinthians 15

### **The Twelve Days Of Christmas**

The Twelve Days Of Christmas have been celebrated since Medieval times. A Christian season that celebrates the birth of Jesus, The Twelve Days begin on December 25th and end on the eve of Epiphany on January 5th.



Week 19

St. Ambrose

## **Winter Sky**

With the winter solstice behind us, the days are getting longer and we are moving toward spring. This week we will be studying the sky in greater detail. In your nature journals, allow a page or two each day to record the following information:

- Date, time, and place.
- Temperature
- Time of sunrise
- Time of sunset
- Precipitation (depth of snowfall can be measured with a ruler, rainfall with a rain gage)
- Weather conditions - write a short description of the weather you are experiencing.

Include a sketch of the winter sky and weather. The winter skies feature beautiful subtleties of colour and some quite dramatic sunsets. Do your best to capture the colours you see. Remember, the goal of nature journaling is to capture what we see, to record scientific information, rather than making pleasing and pretty pictures.

Create a bar graph in your nature journal to show the temperatures you recorded for the week. A bar graph uses bars to show a picture of the data (information) that you collected.

1. Write the days of the week under the horizontal line or "x-axis". Label this axis 'days of the week'
2. Write the numbers on the vertical line, or "y-axis". Label this axis 'temperature'
3. To determine how to set up the numbers, consider the lowest and highest temperatures that you recorded.
4. If the temperature variations are small, count by ones, if the variations are large, count by fives, or even tens. Begin at zero, or lower, if your conditions are in the minus degrees. Brrr!
5. Draw in the bars vertically to represent the daily temperatures. They can all be the same colours, or you could choose a different colour for each day.
6. Give your graph a title.

Snowflake Bentley

**Write a List Poem about the winter weather.**

How does the winter weather make you feel? What does it look like? Sound like? Smell like? Make a list of words that reflect your thoughts, feelings, and experiences of winter weather. Once you have completed your list, flesh it out by adding in other words, phrases and sentences to create your own poem. Illustrate it with a wintery design.

## *A Winter Dawn*

by Lucy Maud Montgomery

Above the marge of night a star still shines,  
And on the frosty hills the sombre pines  
Harbor an eerie wind that crooneth low  
Over the glimmering wastes of virgin snow.

Through the pale arch of orient the morn  
Comes in a milk-white splendor newly-born,  
A sword of crimson cuts in twain the gray  
Banners of shadow hosts, and lo, the day!

A Winter Sky by George Inness (1825-1894)

Oil on canvas. 1866



# *Psalm 103:2*

Bless and affectionately praise the Lord, O my soul, and do not forget any of His benefits

## *The Two Great Commandments*

Q85. Which are the two great commandments that contain the whole law of God?

A.The two great commandments that contain the whole law of God are;

**First**, Thou shalt love the Lord thy God with thy whole heart, and with thy whole soul, and with thy whole mind, and with thy whole strength;

**Second**, Thou shalt love thy neighbor as thyself.

### 10 COMMANDMENTS:

1: I am the Lord, no strange Gods before me.

2. Do not take the Lord's name in vain.

3. Keep holy the Lord's day.

4. Honor your father and mother.

5. Do not Kill

6. Do not commit adultery.

7. Do not steal.

8. Do not bear false witness.

9. Do not covet neighbors wife

10. Do not covet neighbors goods.



Week 20

## The Moon

The cycle of the moon's travels around the Earth, is the reason the moon appears to be changing shape in the sky. We see the moon grow from a thin crescent to a full moon and then wane to a thin crescent again before disappearing for a few days. We call these changing shapes 'moon phases'. These phases depend upon the amount of sunlight that the moon is reflecting, which changes according to its position in relation to the earth and the sun.

One half of the moon is always lit by the sun, essentially having a day and a night, just as with our Earth. At certain times in its cycle around the Earth, we see both the shadowed and sunlit parts. Because the part of the moon in shadow is not visible to the naked eye, we only see the sunlit part - hence the changing shapes. The shape of the moon has nothing to do with the Earth's shadow, as is commonly thought. The earth does cast a shadow, but the moon usually passes above or below it. Between two and four times a year, however, the moon will pass through the Earth's shadow, and this we call a lunar eclipse. As the moon travels around the earth, we always see the same side. The far side that we do not see is known as the 'dark' side of the moon.

Each evening make a small, thumbnail sketch to show the shape of the illuminated moon. Record the date and time of your observation, as well as the moon's location in the sky.


Waxing

Waning

Crescent

Gibbous

If the light is on the right, it is going to get bright.

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## MOON CYCLE

### Day 1 of the moon's cycle: The New moon

The moon is now located between the Earth and the sun. The side of the moon that is now sunlit is the side we cannot see, (the 'dark' side) hence we cannot see the moon.

### Day 4 of the moon's cycle: Waxing crescent

The moon's sunlit portion is becoming visible from Earth, but we can only see a thin sliver of it. We call this 'waxing crescent.' Waxing in this sense means 'growing.'

### Day 7 of the moon's cycle: First Quarter

The moon is now one quarter of the way around the Earth, and we see exactly half of the moon sunlit, the other half is in shadow, hence this moon is often called a 'half moon'.

### Day 10 of the moon's cycle: Waxing Gibbous

The sunlit part of the moon appears almost full, but is still growing, hence the name waxing gibbous.

### Day 14 of the moon's cycle: The Full Moon

Just as with the new moon, the Earth, moon, and sun are now aligned. This time, the moon is on the opposite side of the Earth, so all of the sunlit part is facing us, and the moon appears entirely illuminated to us, its shadow side facing away from us.

### Day 18 of the moon's cycle: Waning Gibbous

The illumination of the moon is now decreasing (waning) and the moon begins to darken.

### Day 22 of the moon's cycle: Third or Last Quarter

The moon is now three quarters of the way around the Earth, and as with the First Quarter, we see exactly half of the moon sunlit, the other half being in shadow, hence this moon is often called a 'half moon'.

### Day 26 of the moon's cycle: Waning Crescent

The lit part of the moon will now continue to decrease (wane) until the light is completely gone and the cycle begins again with a New Moon.

## *The Moon by Robert Louis Stevenson*

The moon has a face like the clock in the hall;  
She shines on thieves on the garden wall,  
On streets and fields and harbour quays,  
And birdies asleep in the forks of the trees.

The squalling cat and the squeaking mouse,  
The howling dog by the door of the house,  
The bat that lies in bed at noon,  
All love to be out by the light of the moon.

But all of the things that belong to the day  
Cuddle to sleep to be out of her way;  
And flowers and children close their eyes  
Till up in the morning the sun shall arise.



The Edge Of A Heath By Moonlight by John Constable (1776 - 1837)

Oil on canvas, England, 1810

# *Jeremiah 29:11*

"For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future."

St. Augustine

## *The Commandments*

Q90. How do we worship God?

A. We worship God by acts of faith, hope, and charity, and by adoring Him and praying to Him.

*Copy one of the Acts of Faith, Hope, or Charity.*



Week 21

## **Winter Tree Study**

Winter can be a very interesting time to observe trees. Their beautiful silhouettes stretch across the winter sky line, revealing their shapes more clearly in the absence of leaves.

Return to your regular nature spot to study the tree that you adopted back in October.

Look carefully; your tree may appear to be bare, but take a closer look and you should see buds that have formed, containing baby leaves and flowers, just waiting for the right time to grow.

Look how the buds are arranged on the twigs of your tree. The ones along the sides of the twig are called axillary or lateral buds. The bud at the tip of the branch is called a terminal bud. Explore the arrangement of the axillary buds along the twig.

- Opposite buds are just that; they grow opposite each other from the main twig in pairs.
- Alternate buds take turns, growing from the twig one at a time.
- Whorled buds grow in sets of three or more, in a circle, or whorl around the twig.

The places where the buds attach to the twig are called nodes. Below the nodes, you may see leaf scars. When a leaf drops, a scar is left just under the bud and some trees are easily identified by their leaf scars.

As you investigate, consider the size, shape and colour of the buds. What about their texture?

Are they smooth? Furry? Sticky?

Sketch your observations and include any notes that may be helpful, such as those about the texture and size of the twigs or buds.

# Trees

By Sara Coleridge

The Oak is called the king of trees,  
The Aspen quivers in the breeze,  
The Poplar grows up straight and tall,  
The Peach tree spreads along the wall,  
The Sycamore gives pleasant shade,  
The Willow droops in watery glade,  
The Fir tree useful in timber gives,  
The Beech amid the forest lives.

Winter Morning by Igor Grabar (1871-1960)

Oil on canvas. 1907



St. Patrick

*Isaiah 41:10*

So do not fear, for I am with you

What are some disappointments that you have had that ended up strengthening your faith?

What are some times you have had to lean on God extra hard? God is always there for us.

Pray. Thank God for all the times he has helped you.

## *Honoring Saints*

Q95. When we pray to the saints what do we ask them to do?

A. When we pray to the saints we ask them to offer their prayers to God for us.

We do not pray to the crucifix or to the images of Christ and the saints, but to the persons of whom they remind us.

We all like to have pictures of relatives and friends. We look at them and we feel almost as though the person they represent are present before us.

In the same way, a crucifix reminds of Christ, and statues and pictures remind they are close. They remind us to think and pray better.

From the Bible:

Read of St. John's vision of the saints in heaven.  
Revelation 7: 9-12



Week 22

## **Winter Pond Study**

Much of the wildlife in and around your pond will be dormant in winter time, but observe carefully and you will still notice plenty of activity to study.

Observe the plant life in and around the pond. How has it changed since your visit in autumn?

Remember the four different zones:

- Marginal plants. These plants grow around the pond edge and in marshy areas
- Emergent plants. Plants growing in shallower areas
- Submerged plants, with floating leaves
- Totally submerged plants

Notice the water level of the pond. Take another photograph if possible, remembering the visual marker you used last time. Add the photograph to your journals.

How are the colours different than when you visited in autumn? Record 'swatches' of paint or coloured pencils to represent the winter colours that you see.

Count and record in your journals the different types of waterfowl that you see and observe them quietly. Ducks will already have paired up with their mate, but have not yet begun nesting.

Observe the waterfowl eating; they enjoy a varied diet of aquatic plants, roots, and algae, insects, snails, and worms, small berries, grass, and weeds, small fish and amphibians. In addition, some ducks will eat gravel and small stones to help with their digestion.

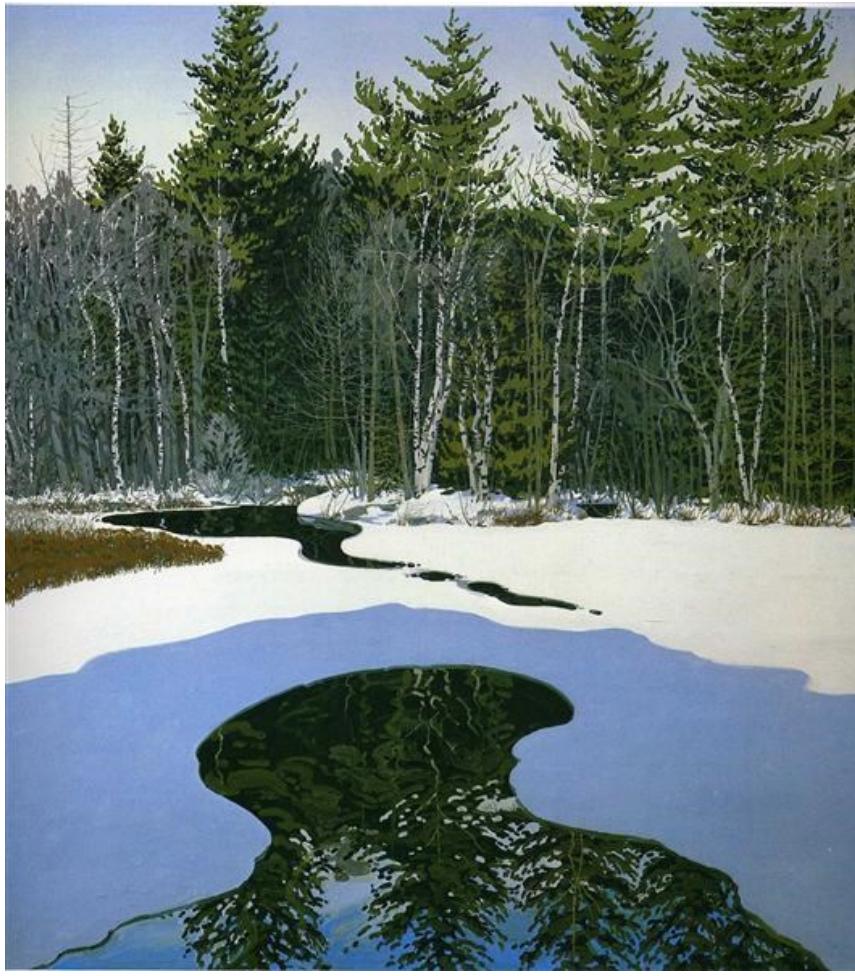
## **When Icicles Hang by the Wall**

By William Shakespeare

From 'Love's Labour's Lost.' Act V scene 2

When icicles hand by the wall,  
And Dick the shepherd blows his nail,  
And Tom bears logs into the hall,  
And milk comes frozen home in pail.  
When blood is nipped, and ways be foul,  
Then nightly sings the staring owl,  
To-whoo;  
To-whit, to-whoo, a merry note,  
While greasy Joan doth keel the pot.

When all aloud the word doth blow,  
And coughing drowns the parson's saw,  
And birds sit brooding in the snow,  
And Marian's nose looks red and raw,  
When roasted crabs hiss in the bowl,  
Then nightly sings the staring owl,  
To-whoo;  
To-whit, to-whoo, a merry note,  
While greasy Joan doth keel the pot.



Pond Pass by Neil Welliver (1929-2005)

Oil on canvas. U.S.A.

# *Ephesians 2:10*

For we are God's Masterpiece

*Masterpiece* by Danny Gokey

You're making a masterpiece

---

You're shaping the soul in me

---

You're moving where I can't see

---

And all I am is in your hands

---

You're taking me all apart

---

Like it was your plan from the start

---

To finish your work of art for all to see

---

You're making a masterpiece

---

Your

VS.

You're

---

## *Second and Third Commandment*

A name is a word picture of a person. We must use the name of God with respect.

On Sunday, we should give all the time we can to the things of God.

The apostles changed the Lord's day from

\_\_\_\_\_ to \_\_\_\_\_ because on  
\_\_\_\_\_ our Lord rose from the dead.



Week 23

## Candlemas Day

The 2nd of February is Candlemas Day. It falls midway between the winter solstice and the spring equinox and takes its name from the blessing of candles for use in church throughout the coming year. Candlemas marks the presentation of the Holy Child in the Temple, where Simeon held Jesus and called him a ‘Light to the World’. In pre-Christian times February 1st was an important festival to celebrate the returning light.

The days are lengthening and the nights shortening; the earth is stirring and spring is on the way. Take a walk with your child to your special nature spot to see what is happening in nature. As the days get longer, you will notice the birdsong increasing at both dawn and dusk. Male birds are beginning to mark out their territories ready for mating season, and migrant birds who have spent the winter in your locality will still be there. You may spot catkins opening out and hanging from the branches of Hazel trees, Daffodil shoots will be poking through the frosty ground readying themselves for flowering in March, and a most welcome sight is that of the delicate snowdrops, once known as Candlemas Bells. There is an old-English rhyme which says:

‘The snowdrop in purest white array, first rears her head on Candlemas Day’.

Record and sketch these signs of new life. Remember to include basic information, such as:

- Date and time
- Weather conditions (a thumbnail sketch is fine)
- The time

Now may be a good time to begin a ‘Calendar Of Firsts’:

*It is a capital plan for the children to keep a calendar—the first oak-leaf, the first tadpole, the first cowslip, the first catkin, the first ripe blackberries, where seen, and when. The next year they will know when and where to look out for their favourites, and will, every year, be in a condition to add new observations. Think of the zest and interest the object, which such a practice will give to daily walks and little excursions. -Charlotte Mason*

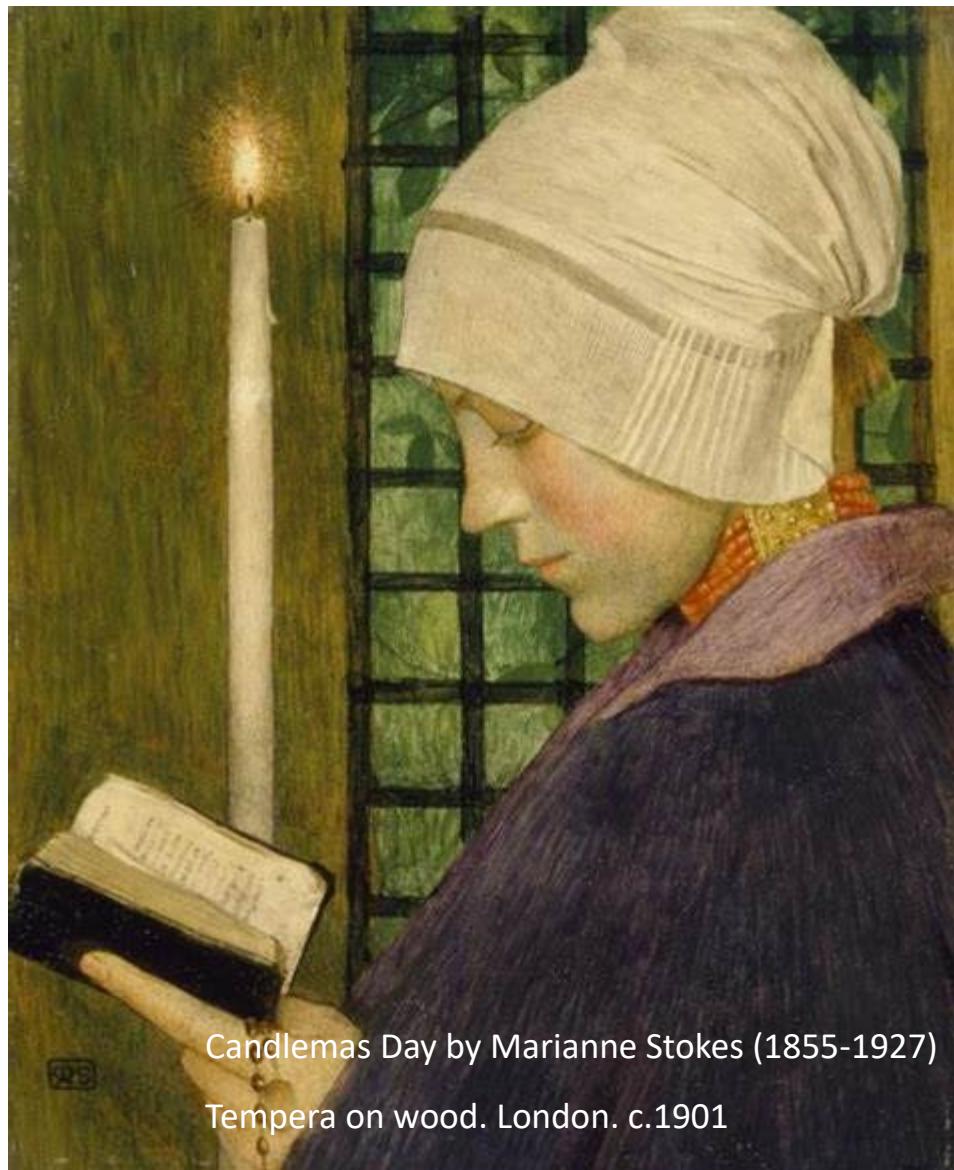
### *Traditional Rhyme*

*If Candlemas Day be fair and bright*

*Winter will have another fight.*

*If Candlemas Day brings cloud and rain,*

*Winter will not come again.*



Candlemas Day by Marianne Stokes (1855-1927)  
Tempera on wood. London. c.1901

# 1 Chronicles 16:11

Seek the Lord and his strength;  
seek His presence continually.

## *Fourth, Fifth, and Sixth Commandments*

When we obey our parents, we are obeying God.

We are asked to obey our parents and those appointed over us in all that is NOT sinful.

We must take care of our health and help others to do the same.

The sixth commandment forbids all impurity and immodesty in words, looks, and actions, whether alone or with others.

Our Model for obedience is \_\_\_\_\_.

Learn and enjoy Psalm 94, which sings of obedience to the Good Shepherd.



Week 24

## **Earthworms**

Earthworms are invertebrates, meaning they have no backbone (vertebrae). Invertebrates make up approximately eighty percent of all living things on Earth.

There are seven main levels when classifying living things:

- Kingdom: Our humble earthworm belongs to the Animal Kingdom.

We discussed the Living Kingdoms back in November:

Scientists generally agree there are six Kingdoms Of Living Things;

- Animal
  - Plant
  - Fungi
  - Protist (mostly single-celled organisms that do not fit into the other kingdoms.)
  - Eubacteria (Most bacteria are in this kingdom. Single-celled and complex, they are the kinds found everywhere and are the ones people are most familiar with.)
  - Archaeabacteria (Also complex and single-celled, these bacteria are found in extreme environments; the bottom of swamps, boiling hot springs, etc.)
- Phylum: Here we have:

Vertebrates (with a backbone) = Chordata OR Invertebrates (without a backbone) = many different Phyla (plural of Phylum)

Our earthworm belongs to the phylum Annelida; the segmented worms. Their bodies are sectioned, appearing ringed.

- Class: Clitellata

The earthworm is classified as such due to its clitellum: the ‘collar’ that serves as a reproductive centre once the earthworm is an adult.

- Order: Haplotauxida

The order of our earthworm is Haplotauxida; a soil dwelling worm.

- Family: Lumbricidae

There are 16 different families to which a given earthworm may belong. The Lumbricidae family includes most of the well-known species of earthworm, including the common earthworm, The Lumbricus terrestris

- Genus: Lumbricus.

This genus contains some of the most commonly seen earthworms which are widely distributed around the world.

- Species: There are over 4000 different species of earthworm!

You can find out more about a particular earthworm by using a field guide to narrow down information, based on habitat and location. The Lumbricus terrestris is what we know as the common earthworm.

Earthworms play an extremely important role in our environment, and as such deserve our respect. They spend much of their time moving through the ground, eating rotting vegetation and animal matter. The tunnels they produce aerate the soil. This action lets the stale Carbon Dioxide air out of the soil and the fresh Oxygen rich air in, whilst their castings recycle nutrients and nourish the soil.

The Four Seasons is a set of four short violin concertos written around 1720. Each “season” is a three-movement work lasting about ten minutes.

Enjoy listening to the piece in a way that suits you best; you could lie down somewhere cosy whilst you listen, dance joyfully around the room, write a story about what you think is happening when you hear the music, or draw what comes to your mind.

How do you think Antonio Vivaldi pictured winter?

## *Our Little Kinsmen*

By Emily Dickinson

Our little Kinsmen - after Rain

In plenty may be seen,

A Pink and Pulpy multitude

The tepid Ground upon.

A needless life, it seemed to me

Until a little Bird

As to a Hospitality

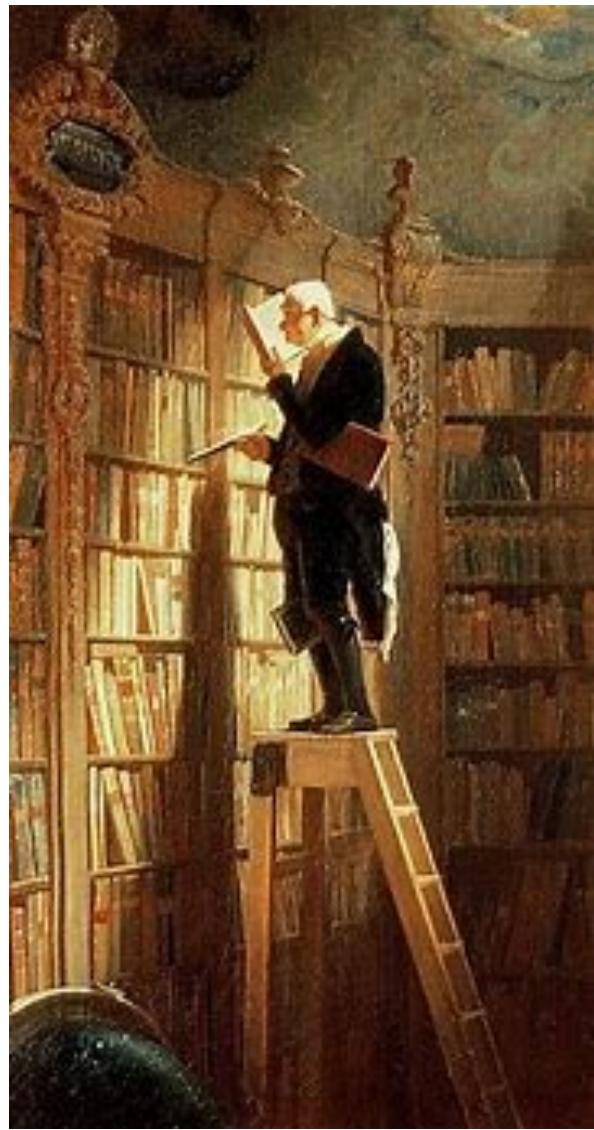
Advanced and breakfasted.

As I of He, so God of Me

I pondered, may have judged,

And left the little Angle Worm

With Modesties enlarged.



The Book Worm by Carl Spitzweg (1808-1885)

Oil on canvas. Germany. 1850

# *Exodus 33:14*

My presence will go with you,  
and I will give you rest.

**POPE GREGORY I**

## *Seventh, Eighth, Ninth, and Tenth Commandments*

We are commanded to respect what belongs to others, speak the truth in all things, be pure in thoughts and desire, and avoid envy.

What happened to the rich young man who was too selfish in Matthew 19: 16-24?

The foolish rich man who did not prepare for heaven in Luke 12: 13-34?

How does Our Lord suffer from the lies told about Him during His trial in Mark 14: 55-59?



Week 25

## **Evergreens**

Trees can be divided into two types, coniferous and broadleaf.

Coniferous trees bear cones instead of flowers; the seeds of the tree being stored within the cone and when the cone opens, the seeds fall out. They have scale-like, or needle-like leaves. The needles or scales will stay on the tree for several years and fall off gradually, hence the name 'evergreen'. There are some coniferous trees that are deciduous, losing all their leaves in autumn, including several types of Larch. Coniferous trees grow upward rather than outwards & have a triangular shape. This makes for a strong and hardy tree; its branches are able to withstand the weight of lots of snow without breaking.

Broadleaf trees are generally deciduous, losing their leaves in autumn and growing new foliage in spring. They almost all produce flowers. The seeds are produced in a range of forms, such as fruits, berries, and nuts. Some broadleaf trees are evergreens, Holly being one of them.

Look carefully; sketch what you see in your nature journals and label your sketches with the measurements of the leaves, and fruits or cones. Do your best to get your green shades as accurate as possible. Add yellow to your green to make it brighter, more golden or to add highlights, blue to darken, soften, and add shadows.

Compare the leaves of your evergreen with those you sketched in your journals for the 'autumn leaves' week, back in October.

## The Fir-Tree

by Josephine Preston Peabody

The winds have blown more bitter  
Each darkening day of fall;  
High over all the house-tops  
The stars are far and small  
I wonder, will my fir-tree  
Be green in spite of all?

O grief is colder—colder  
Than wind from any part;  
And tears of grief are bitter tears,  
And doubt's a sorer smart!  
But I promised to my fir-tree  
To keep the fragrant heart.

Fir Trees At Sunset by Arnold Böcklin (1827-1901)

Oil on canvas.



# *John 16:33*

I have told you these things, so that in me you may have peace. In this world you will have trouble, but take heart! I have overcome the world!

*What Really Happened in Medieval Times*

Page 56

Recreate the map. Pay attention to detail.

Compare this map to a modern day map of the same area.

What does Merovingian Script look like?

## *Commandments of the Church*

1. Assist at Mass on all Sundays and holy days of obligation.
2. Fast and abstain on the days appointed
3. Confess our sins at least once a year.
4. Receive Holy Communion during the Easter time.
5. Contribute to the support of the Church.
6. Observe the laws of the Church concerning marriage.

PSALM 116



Week 26



White Fields

by James Stephens

In the winter time we go  
Walking in the fields of snow;

Where there is no grass at all;  
Where the top of every wall,

Every fence, and every tree,  
Is as white as white can be.

Pointing out the way we came,  
Every one of them the same-

All across the fields there be  
Prints in silver filigree;

And our mothers always know,  
By the footprints in the snow,

Where it is the children go.



Winter Landscape by Wassily  
Kandinsky (1866-1944)

Oil on cardboard. Germany. 1909

*Matthew 25:23*

Well done, good and faithful servant.

Journal about your school journey so far.

# *Sacraments*

Q138. What is a sacrament?

A. A sacrament is an outward sign instituted by Christ to give grace.

Sacraments give sanctifying and sacramental grace. For example, besides receiving a share in God's life, sacramental grace helps us to keep God's life in us. It helps us to believe in God and to live as if we believe in God. It lessens our inclination to sin.

List the 7 Sacraments:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

4 \_\_\_\_\_

5 \_\_\_\_\_

6 \_\_\_\_\_

7 \_\_\_\_\_

Which 2 sacraments are of the dead? And why?

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Week 27

## Nesting Birds

Over the next few weeks, the migratory birds that spent the winter in warmer climes are returning. The males generally arrive first, marking out their territories ready for mating season, often where they nested the previous year. It is all in the timing - their aim being to arrive with the first appearance of spring weather and the corresponding growth in available foodstuffs: invertebrates, fruits and seeds. When the females arrive, they choose the males that have the best territories for rearing their chicks. They then must go about the business of nest building, which is our focus for this week's nature study.

Birds' nests are extremely impressive examples of handiwork; each species following a particular method and design. Some nests are simply sticks dropped onto branches, others are more carefully built, using materials that include twigs, grass, lichen, moss, feathers, mud, and even spider webs, which can be used to anchor the nest in place. Nests can be found high in the tree tops, in cavities in roofs, on the woodland floor, in holes in the trunks of trees, even attached to steep cliff sides or buildings.

## The Brown Thrush

by Lucy Larcom

There's a merry brown thrush sitting up in the tree.

He's singing to me! He's singing to me!

And what does he say, little girl, little boy?

"Oh, the world's running over with joy!

Don't you hear? Don't you see?

Hush! Look! In my tree

I'm as happy as happy can be!"

And the brown thrush keeps singing, "A nest do you see,

And five eggs, hid by me in the juniper tree?

Don't meddle! Don't touch! Little girl, little boy,

Or the world will lose some of its joy!

Now I'm glad! Now I'm free!

And I always shall be,

If you never bring sorrow to me."

So the merry brown thrush sings away in the tree,

To you and to me, to you and to me;

And he sings all the day, little girl, little boy,

"Oh, the world's running over with joy!

But long it won't be,

Don't you know? Don't you see?

Unless we are as good as can be!"

Still Life With Three Birds' Nests by Van Gogh

Oil on canvas. Netherlands. 1885

Van Gogh created a series of paintings of bird's nests. In September 1885, Van Gogh wrote:

*"I am now busy painting still lifes' of my birds' nests, four of which are finished; I think some people who are good observers of nature might like them because of the colours of the moss, the dry leaves and the grasses."*



Create a map of the locations of the different nests in your special nature spot or garden.

## **Good King Wenceslas**

# *James 1:17*

Every good and perfect gift is from above, coming down from the Father of the heavenly lights, who does not change like shifting shadows.

# *Baptism*

From the Bible:

Our need for Baptism, John 3: 1-8

How baptized persons should live, Ephesians 4: 1-6

Q149. Who can administer Baptism?

- A. The priest is the usual minister of Baptism, but if there is danger that someone will die without Baptism, anyone else may and should baptize.



Week 28

## **Spring Pond**

The natural world is waking after its long winter sleep and you will begin to see much activity at your pond. Frogs and toads return to the pond to breed, and it is a common sight to see large numbers of frogs and toads congregating in or around a pond. Frog or toad spawn normally begins to appear in ponds in March, but the timing very much depends upon the weather. Toad spawn is similar to frog spawn, but is laid in long chains instead of clusters.

Once spawning is over, most frogs and toads will leave the water, spending time in cool, shady, and damp areas, close to the pond.

Classifying frogs and toads:

There are seven main levels when classifying living things:

**Kingdom:** Frogs and toads belong to the Animal Kingdom.

**Phylum:** Here we have:

Vertebrates (with a backbone) = Chordata

Invertebrates (without a backbone) = many different Phyla (plural of Phylum)

Frogs and toads belong to the phylum Chordata; animals with a cartilaginous skeletal rod supporting the body.

**Class:** Amphibia = amphibians

Frogs and toads are in this class because they live on land and in water.

**Order:** Anura = frogs and toads

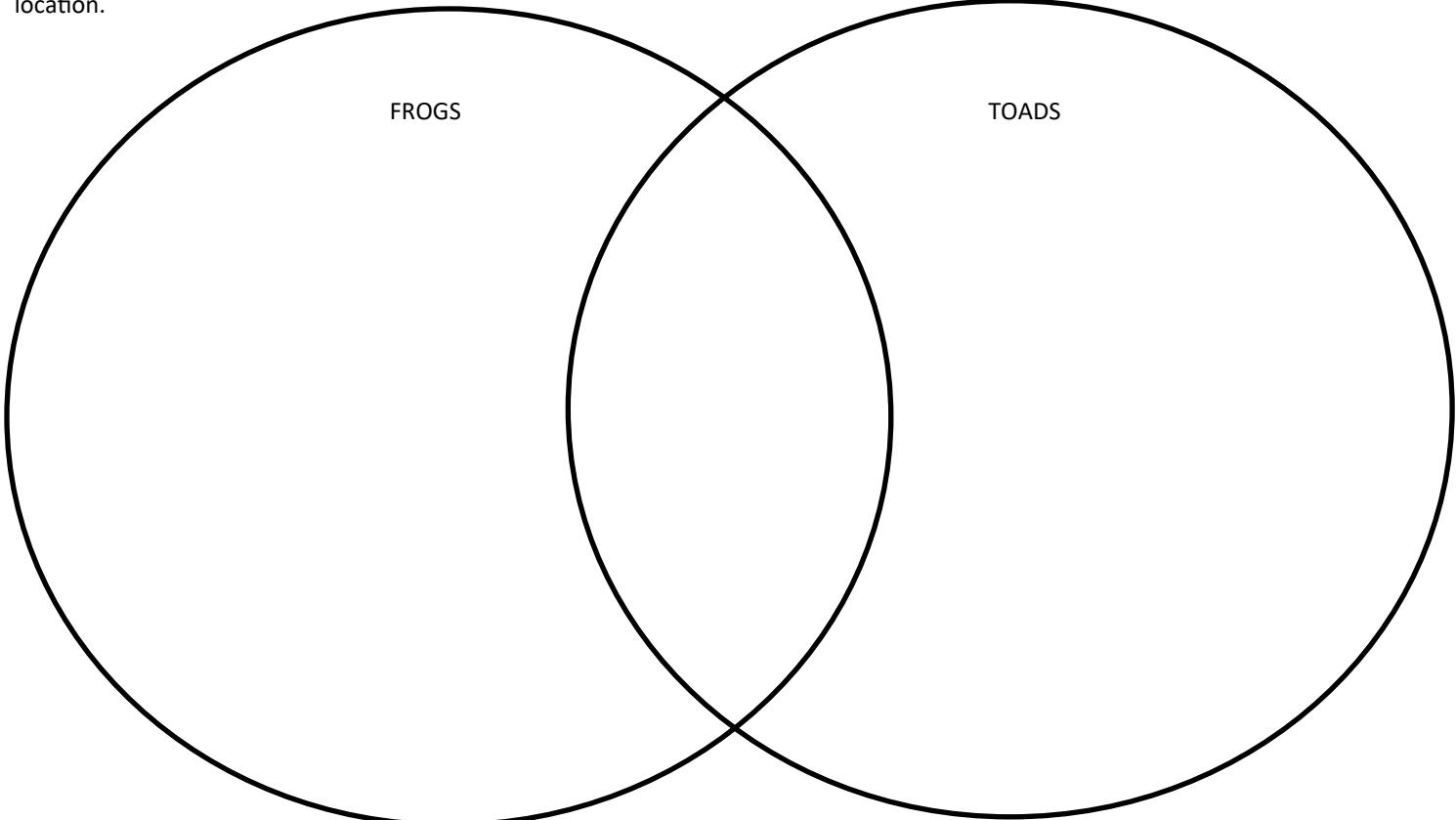
**Family:** Ranidae = true frogs, Bufonidae = toads

There are many different classifications for all the different frog families, such as tree frogs etc.

**Genus:** Varies

**Species:** Varies

You can find out more about a particular frog or toad by using a field guide to narrow down information, based on habitat and location.





## **A Friend In The Garden**

by Juliana Horatia Ewing

He is not John the gardener,

And yet the whole day long

Employs himself most usefully,

The flower-beds among.

He is not Tom the pussy-cat,

And yet the other day,

With stealthy stride and glistening eye,

He crept upon his prey.

He is not Dash the dear old dog,

And yet, perhaps, if you

Took pains with him and petted him,

You'd come to love him too.

He's not a Blackbird, though he chirps,

And though he once was black;

And now he wears a loose grey coat,

All wrinkled on the back.

He's got a very dirty face,

And very shining eyes!

He sometimes comes and sits indoors;

He looks--and p'r'aps is--wise.

But in a sunny flower-bed

He has his fixed abode;

He eats the things that eat my plants--

He is a friendly TOAD.

Spring Morning by John Henry Twachtman (1853-1902)

U.S.A. 1890-1900



# Psalm 18:2

The Lord is my rock, my fortress and my deliverer

# *Confirmation*

From the Bible:

Pentecost, Acts 2: 1-4

Example of early Christians, Acts 2: 42-47

Q151. What is Confirmation?

A. Confirmation is the sacrament through which the Holy Spirit comes to us in a special way and enables us to profess our faith as strong and perfect Christians and soldiers of Jesus Christ.



Week 29

## **The Vernal Equinox**

The word ‘equinox’ literally means ‘equal night’. The spring (vernal) and autumnal equinox are the two days in the year when the hours of light and darkness are almost equal. Because the axis of the earth is tilted, the sun does not shine equally upon both hemispheres at the same time. For approximately six months the sun shines more directly upon the northern hemisphere, this is spring and summer time. During this period, the southern hemisphere experiences autumn and winter. As the six months come to an end, the axis of the earth is neither tilted away from the sun, or toward it, hence equal hours of daylight and darkness; the autumnal equinox for the northern hemisphere, and vernal equinox for the southern hemisphere. For the following six months, the sun is shining more directly upon the southern hemisphere, this being spring and summer time there, and for the northern hemisphere, autumn & winter.

Look for signs of spring

- A Tree with new leaves
- Something sticky
- A bird’s nest
- A smooth pebble
- Buds
- Mud
- Wild flowers
- A bee
- Birdsong
- The sun!

Enjoy the process of sketching one or more of these finds.

Sunrise and Sunset						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
RISE						
SET						
Hours of Daylight						
Hours of Darkness						

Describe why seasons change.

## **Written In March**

by William Wordsworth

The cock is crowing,  
The stream is flowing,  
The small birds twitter,  
The lake doth glitter  
The green field sleeps in the sun;  
The oldest and youngest  
Are at work with the strongest;  
The cattle are grazing,  
Their heads never raising;  
There are forty feeding like one!

Like an army defeated  
The snow hath retreated,  
And now doth fare ill  
On the top of the bare hill;  
The plowboy is whooping- anon-anon:  
There's joy in the mountains;  
There's life in the fountains;  
Small clouds are sailing,  
Blue sky prevailing;  
The rain is over and gone!



An Orchard In Spring II by Claude Monet

Oil on canvas. France. 1886

Create the map on page 112 in *What Really Happened in Medieval Times*

*Luke 6:31*

Do to others as you would have them do to you

## *Eucharist*

After Consecration, the bread and wine are changed into Our Lord's Body and Blood. The appearance is what we see, touch, and taste (bread and wine). The substance is what it is (Our Lord).

*Make a visit to Jesus in the Blessed Sacrament. He is housed in the tabernacle. Talk to him in your own words and listen.*

*Illustrate the tabernacle below.*



Week 30

## **Garden Snails**

Garden snails are invertebrates, meaning they have no backbone (vertebrae).

**Kingdom:** Our Garden snail belongs to the Animal Kingdom.

**Phylum:** Here we have:

Vertebrates (with a backbone) = Chordata

Invertebrates (without a backbone) = many different Phyla (plural of Phylum)

Our Garden snail belongs to the phylum Mollusca, (Mollusc) which includes slugs, mussels, octopuses, as well as snail.

**Class:** Gastropoda (Gastropod) This name comes from the Latin 'Gastro' - stomach,

and 'pod' - foot. An extensive class of snails and slugs of all kinds, including land

snails and slugs, freshwater snails, and sea snails.

**Order:** Pulmonata . Air-breathing snails and slugs. (They have a lung, not a gill.)

**Family:** Helicidae. Air breathing snails.

**Genus:** Cornu or depending on the taxonomy used, Helix

**Species:** Cornu aspersum or Helix Aspersa. Again this depends upon the taxonomy.

The Garden snail is a soft bodied mollusc. It has two pairs of tentacles on the head; the shorter pair is used to touch and explore, smell being the snail's most developed sense. The eyes are located at the end of the longer tentacles, allowing the snail to detect changes in light and shadow - an important protection against predators.

The garden snail breathes with a single lung (pond snails use gills) through a breathing hole or pore, which is located just under the shell. This shell offers protection from predators and injury, and also reduces water loss from the body. The shell is attached to the snail and grows along with the snail, in a spiral shape, gradually getting larger and larger. Although the garden snail has its protective shell, it is still a tasty treat for predators including birds, mice, frogs and toads, the larvae of glow worms, hedgehogs, and others.

The snail moves by using its muscular 'foot'. The muscles expand and contract, which pushes the snail along. As it moves, the foot excretes a slippery mucus which coats the ground underneath the snail, allowing it to move over many different surfaces without being harmed.

Garden snails are herbivores, which means they eat only plants. They eat using a tongue-like organ called a radula, which is covered in tiny teeth. The radula tears apart and grinds the food for the snail to digest.

## The Snail

By William Cowper

To grass, or leaf, or fruit, or wall,  
The snail sticks close, nor fears to fall,  
As if he grew there, house and all  
Together.

Within that house secure he hides,  
When danger imminent betides  
Of storm, or other harm besides  
Of weather.

Give but his horns the slightest touch,  
His self-collecting power is such  
He shrinks into his house with much  
Displeasure.

Where'er he dwells, he dwells alone,  
Except himself has chattels none,  
Well satisfied to be his own  
Whole treasure.

Thus hermit-like, his life he leads,  
Nor partner of his banquet needs,  
And if he meets one only feeds  
The faster.

Who seeks him must be worse than blind,  
(He and his house are so combin'd,)  
If, finding it, he fails to find  
Its master.



The Snail by Henry Matisse (1869-1954)

Gouache on paper, cut and pasted on paper,  
mounted on canvas. 1953

# Psalm 19:14

May these words of my mouth and this meditation  
of my heart be pleasing in your sight

## *Penance*

Q171. What must we do to receive the sacrament of Penance worthily?

A. To receive the sacrament of Penance worthily we must: *first*, examine our conscience; *second*, be sorry for our sins; *third*, make up our minds not to sin again; *forth*, confess our sins to the priest; *fifth*, be willing to do the penance the priest gives.

*Make a good examination of conscience.*

*Read Psalm 141, a sinner's cry to God to rescue him.*



Week 31

## **Spring Tree Study**

Spring time is an exciting time for tree study. How different your tree will look than it did in winter; bursting with life!

This week return your tree. Choose a leaf from your special tree & look carefully at the shape and sketch it.

Consider the following questions as you and your child observe your leaf; label your sketches with any notes that are helpful:

- Are the leaf edges smooth or do they have 'teeth'?
- Are the leaf edges wavy or prickly?
- Does the leaf have lobes?

Look at the veins of the leaf -

- Does the leaf have one major vein that extends from the stalk to the tip of the leaf?
- Does the leaf have more than one main vein, that extends from the stalk to the edges of the leaf?
- Are the side veins arranged mostly in pairs, or do they alternate?

Look at the stalk of your leaf -

- What colour is it?
- Measure its length.

Sketch the buds as they bloom.

# Oh, Fair To See

by Christina Rossetti

Oh, fair to see  
Blossom-laden cherry tree,  
Arrayed in sunny white;  
An April day's delight,  
Oh, fair to see!

Oh, fair to see  
Fruit-laden cherry tree,  
with balls of shining red  
Decking a leafy head,  
Oh, fair to see!



Apple Blossoms - Spring by John  
Everett Millais (1829-1898)

Oil on canvas. England. 1858-59

St. Francis of Assisi

Mapping using page 144 in What Really Happened  
in Medieval Times.

# *Acts 1:8*

But you will receive the power when the Holy Spirit comes to you; and you will be my witnesses.

# *Temporal Punishment and Indulgences*

To get to heaven the sheep must be perfectly clean. It is sin and selfishness that make them dirty. Our Blessed Lord, the Divine Lamb, must clean off all sin and selfishness by His Precious Blood.

**Temporal** means for a time. Since it does not last forever. We need to be willing to suffer for a while.

**Punishment** means suffering or tribulation. It means being willing to accept what is difficult.

**Indulgences** help to clean away the selfishness. Many prayers have indulgences attached to them.

Plenary Indulgence is the remission of all the temporal punishment due to our sins.

Partial Indulgence is the remission of part of the temporal punishment due to our sins.

*We can also gain indulgences for the souls in purgatory but not for others on earth.*

From the Bible:

Romans 7: 18-25



Week 32

## **Plant Lifecycle**

This week let's look at how flowering plants grow:

- The seed germinates

The plant begins life as a seed, and once it reaches the ground, the seed germinates and begins to grow. It contains its own food supply, which is usually consists of starches.

- The plant grows

The root begins to grow first, and take in water. Later, the stem pushes up toward the light. Leaves unfurl and allow the plant to absorb sunlight, and also carbon dioxide from the air. The energy from the sunlight turns the carbon dioxide and water into sugar, which feeds the plant and enables it to grow. A bi-product of this process is oxygen, plants being the source of most of the oxygen we breathe. This simple process is called 'Photosynthesis.'

- The plant flowers

The plant produces flowers, which open and are pollinated. Pollination is the transferring of pollen (the very fine powder produced by the male part of the flower; the stamen) to the female part of another plant, (the stigma). The pollen can be carried by bees or other insects, birds, bats, and even the wind. After pollination, the plant is fertilised. The pollen and the ovule meet, and develop into a seed. (The ovule is the tiny part of the plant that contains the female reproductive cells.)

- The plant produces fruit

After the plant is fertilised, the stamens and petals die back. The ovary, the part of the plant that forms the fruit, swells up and the ovules develop into seeds. Think of an apple as the ovary and its pips as the ovules.

- The seeds are dispersed

Once the seeds are mature, the plant releases them, and they are scattered from the plant that made them.

There are four main ways that plants disperse their seeds, or the fruits containing seeds:

By the plant, by animals, by water, by wind

- The plant dies back

In the course of time, the plant will die, leaving behind its seeds which will germinate and produce plants of their own.

- Annual: A plant that completes its growing cycle in one year.
- Biennial: A plant that completes its growing cycle in two years.
- Perennial: A plant that lives for several years.



# **Flower in the Crannied Wall**

By Alfred Tennyson

Flower in the crannied wall,  
I pluck you out of the crannies,  
I hold you here, root and all, in my hand,  
Little flower-but if I could understand  
What you are, root and all, all in all,  
I should know what God and man is.



Foliage, Flowers and Seed-Vessels of Cotton and Fruit of Star Apple, Jamaica by Marianne

North (1830-1890)

Oil on board. Jamaica. c.1872

*Joan of Arc*

# *Acts 2:25*

I saw the Lord always before me. Because He is at  
my right hand, I will not be shaken.

# *Anointing of the Sick & Holy Orders*

From the Bible:

Anointing of the Sick, James 5:14-15

Holy Orders, Hebrews 14: 5-10



Week 33

## **Wildflowers**

Wildflowers are generally defined as being flowers that grow freely, without any cultivation. For this week's nature walk, you will find it beneficial to take along a local wildflower field guide, to help you to identify the species of wildflower in your own locality. Wildflowers can be identified by observing the characteristics of the different species. These can include:

Flower structure:

- Number of petals, their size, and colour.
- How the flowers are arranged on the plant.

• Leaves:

- The arrangement of the leaves on the stem:
- Simple leaf - a leaf having a single blade
- Compound leaf - a leaf having more than a single blade. There are several types of compound leaf.

The shape of the leaves:

- Circular
- Oval
- Elliptical
- Egg shaped
- Lance (long, wider in the middle)
- Linear
- Triangular
- Cordate (heart-shaped)

There are several more possibilities.

The leaf margins: (the edge of the leaf)

- Smooth
- A serrated edge
- Lobed
- Wavy.

The Leaf venation pattern: (the pattern made by the arrangement of the veins)

- Parallel
- Pinnate (alternate branching pattern)
- Palmate (the veins radiate from one point.)



Listen to 'Spring' from 'The Four Seasons' by Vivaldi.

The Four Seasons is a set of four short violin concertos written around 1720. Each "season" is a three-movement work lasting about ten minutes.

Enjoy listening to the piece in a way that suits you best; you could lie down somewhere cosy whilst you listen, dance joyfully around the room, write a story about what you think is happening when you hear the music, or draw what comes to your mind. How do you think Antonio Vivaldi pictured spring?

## A Midsummer Night's Dream, Act 2, Scene 1

I know a bank where the wild thyme blows,  
Where oxlips and the nodding violet grows,  
Quite over-canopied with luscious woodbine,  
With sweet musk-roses and with eglantine.

Spring Flowers by Norman Rockwell (1894-1978)

Oil on canvas. U.S.A. 1969



Using *What Really Happened in Medieval Times*, p.168, redraw the map and it's details.

## *1 Corinthians 12:27*

Now you are the body of Christ,  
and each of you is a part of it.

# *Matrimony*

Matrimony is an action of Christ, in which he unites two of His sheep, in marriage, so that they can bring forth new members for His flock.

Married people must live together until death, they must bring into the world the children God sends them, and they must educate their children especially to know and love God.

From the Bible

Ephesians 5: 25-32

1 Peter 3: 1-7



Week 34

## **Grasses**

There are estimated to be around ten thousand different species of grass worldwide. They appear in many different forms and sizes, ranging from the familiar grass we see on our lawns, as well as the grasses that grow on meadows and prairies, through wheat, barley, corn, oats, sugar cane, and bamboo.

Grasses are strong and hardy, being found on every continent, from the frozen poles, to the scorching equator. All grasses are flowering plants, but their flowers are quite different. They are very small and unobtrusive, having no petals or sepals (the green, leaf-like parts around the base of a flower, that offer protection when the flower is in bud). They do have stamens, which produce lots of pollen, as grass is typically pollinated by the wind, and is not a nectar producing plant. The fruit of the grass plant is called a caryopsis, otherwise known as grain, such as wheat, barley, and corn.

There are seven main levels when classifying living things:

- Kingdom: Grasses belong to the Plant Kingdom.
- Phylum: Magnoliophyta; the flowering plants. This is the most diverse group of land plants.
- Class: Liliopsida; Flowering (seed) plants that generally have one cotyledon, or seed leaf, and parallel-veined leaves. Common families include the grass, orchid, lily, and palm families.
- Order: Poales; Flowering, wind pollinated plants that include grass, sedge, rush, and cattail families.
- Family: Poaceae; The true grasses, this is the fifth largest plant family.
- Genus: Varies according to the grass.
- Species: Varies according to the grass.

Start a fairy garden, illustrate it here.

## **The Grass Has So Little To Do**

by Emily Dickinson

The grass has so little to do, -

A sphere of simple green,

With only butterflies to brood,

And bees to entertain,

And stir all day to pretty tunes

The breezes fetch along,

And hold the sunshine in its lap

And bow to everything;

And thread the dews all night, like pearls,

And make itself so fine, -

A duchess were too common

For such a noticing.

And even when it dies, to pass

In odours so divine,

As lowly spices gone to sleep,

Or amulets of pine.

And then to dwell in sovereign barns,

And dream the days away, -

The grass so little has to do,

I wish I were the hay!

Path Through The High Grass by Pierre-Auguste Renoir (1841-1919)

Oil on canvas, France, 1876



Joann's Invention

## *1 Corinthians 6:17*

But whoever is united with the Lord is one with  
Him in spirit.

## *Sacramentals*

Q205. What are Sacramentals?

A. Sacramentals are holy things or actions of which the Church makes use of to obtain for us from God spiritual and temporal favors.

Paint or sketch below sacramentals most used by our family.



Week 35

Sir Thomas Moore

## Caterpillars

This week, your nature activity will centre around the caterpillars that you have either collected, or ordered online from a supplier such as Insect Lore. A typical butterfly life cycle usually takes around 3 - 5 weeks. Eggs begin to hatch at around 3 days, then the caterpillars spend the next week or two eating to prepare for the pupal stage. The following two weeks of nature study are devoted to your caterpillars, then there will be a week long break whilst your caterpillars pupate. The butterflies will most likely hatch within the next week or so, so the fourth week of May is butterfly week. Of course your creatures may not follow this exact schedule.

Butterfly:

KINGDOM:

PHYLUM:

CLASS:

ORDER:

Illustrate and Label the Life Cycle of a butterfly below.

Illustrate and Label caterpillar and a butterfly below:

## The Caterpillar

By Robert Graves

Under this loop of honeysuckle,  
A creeping, coloured caterpillar,  
I gnaw the fresh green hawthorn spray,  
I nibble it leaf by leaf away.

Down beneath grow dandelions,  
Daisies, old-man's-looking-glasses;  
Rooks flap croaking across the lane.  
I eat and swallow and eat again.

Here come raindrops helter-skelter;  
I munch and nibble unregarding:  
Hawthorn leaves are juicy and firm.  
I'll mind my business: I'm a good worm.

When I'm old, tired, melancholy,  
I'll build a leaf-green mausoleum  
Close by, here on this lovely spray,  
And die and dream the ages away.

Some say worms win resurrection,  
With white wings beating flutter-flutter,  
But wings or a sound sleep, why should I care?  
Either way I'll miss my share.

Under this loop of honeysuckle,  
A hungry, hairy caterpillar,  
I crawl on my high and swinging seat,  
And eat, eat, eat—as one ought to eat.

Advice From A Caterpillar by Arthur Rackham (1867-1939)

Ink and water colour. 1907



## *1 Thessalonians 5:11*

Therefore encourage one another and build each other up, just as in fact you are doing.

# *Prayer*

1. Adore God
2. Thank Him for His favors
3. Ask forgiveness
4. Ask for graces and blessings for ourselves and/or others.

From the Bible:

Luke 11: 1-13

John 17

*Write your own prayer below.*



Week 36

**Black Garden Ants:**

KINGDOM:

PHYLUM:

CLASS:

ORDER:

FAMILY:

GENUS:

SPECIES:

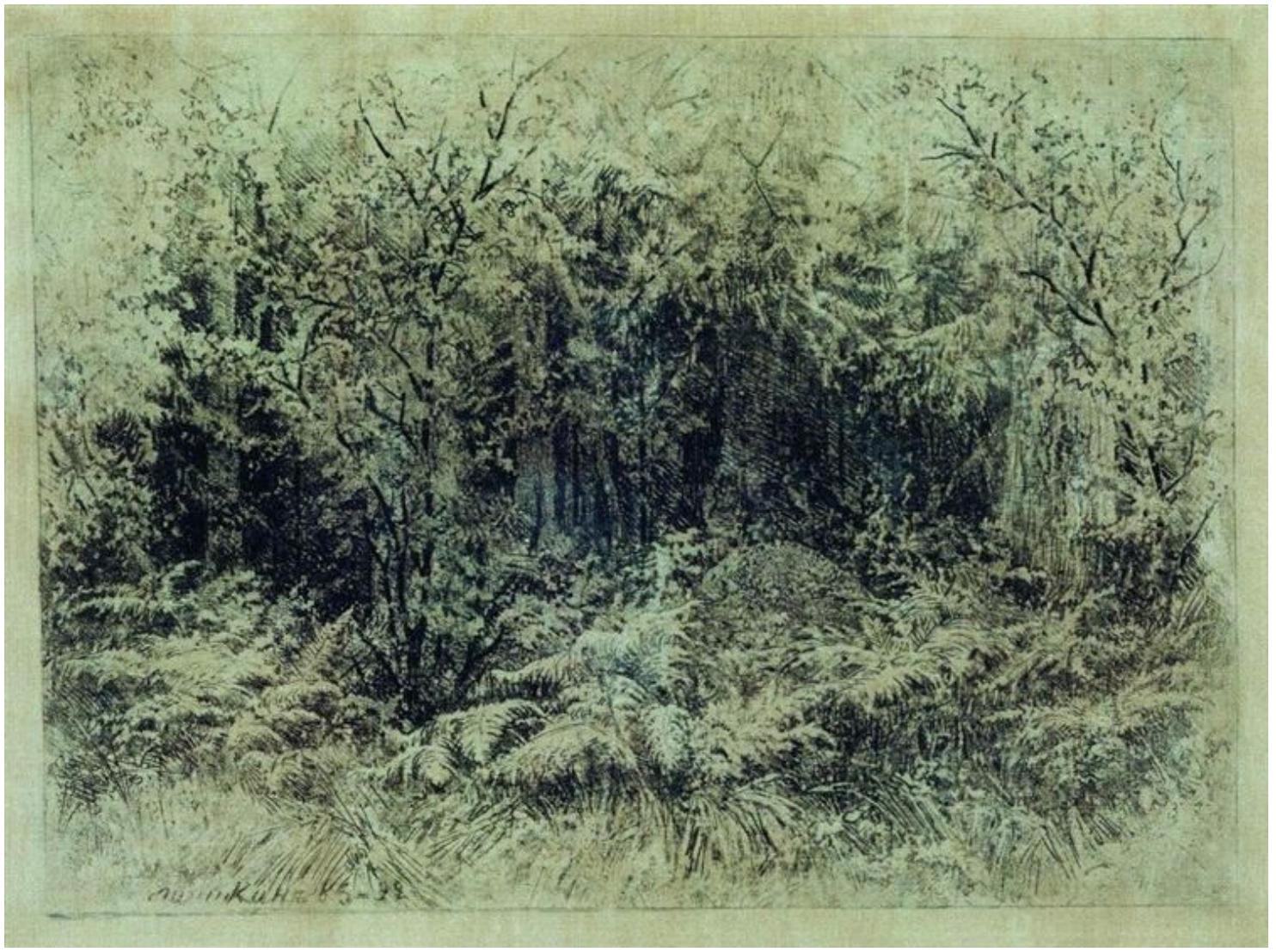
What is each colony comprised of?

Sketch and label a black garden ant and illustrate the life cycle below.

## Go To The Ant

The Bible - Proverbs 6:6-8

Go to the ant, thou sluggard;  
Consider her ways, and be wise:  
Which having no guide,  
Overseer, or ruler,  
Provideth her meat in the summer,  
And gathereth her food in the harvest.



Anthill by Ivan Shishkin (1832-1898)

Sketch, Russia, 1892

## *Psalm 31:24*

*Be strong and take heart,  
all you who hope in the Lord.*

*Review on your own the appendix in  
Baltimore Catechism #1*

*Sketch, paint, or write about your faith below.*

# *A year review:*

*Best loved books, events, and seasons....*