

## Using the weekly Adult and All-age session online

### Online safety

Consider how you safeguard leaders and those participating. Set up a password to enter the meeting in video conference platforms like Zoom. If you have two leaders, get online at least five minutes before the advertised start time, meaning when the first people sign in, you are ready. If you lead sessions alone parents/carers must be present with their children. Let parents know that they should be in the same room as the child/children, but don't have to be on camera. The youngest children may need a parent with them all the time to help and support. You may find it's really good to have parents/carers and children interacting together – encourage it if it works well! Email information to the parents/carers in advance including information about safety.

**A note on safeguarding:** You will need to follow safeguarding policies relevant to your church or organisation, and any other relevant policies and procedures regarding running sessions for children/young people/adults at risk. The suggestions below are not intended to replace your local ongoing safeguarding policy. Breakout rooms are not suitable for working with groups of children and young people for safeguarding reasons – unless you have the leaders to facilitate safely, i.e. two per group.

### Practise and prepare

Before your session, practise signing in and using the different features on your online platform. For example, on Zoom you can share your screen with other participants, a really simple way to show videos and images, and even simple templates that people can copy. Another useful tool is the mute function. It can be easier to keep everyone on mute to avoid background noise, and ask individuals to unmute themselves when you invite them to say something. You might find that some people are shyer online, which means you need to speak

### On time

Don't expect the time you spend online to last as long as you are used to in church. Activities may take less time when done separately and people's attention spans are often shorter. Aim for quality over quantity; somewhere in the range of 20-30 minutes probably works best. Keep active and include activities to get everyone up and moving around, finding something to show, or making something, rather than just sitting and listening and watching.

## The ready-to-go service outline, general tips and advice

### Gather

#### Hymns and songs

Play recordings of hymns and songs at different churches, as well as recording musicians and vocalists from your own church, or individuals or family groups performing live. Depending on the rhythm of the service, you could encourage members of your congregation to listen prayerfully to some of the music, but do invite them join in some suitable hymns/songs at home (with microphones muted – remind them that no one else can hear them!).

#### Gathering activity

This need not be long! The intention is to introduce the theme in way that makes people want to engage. More important than the activity itself (usually) is that people feel engaged by them theme. So, in adapting the idea to work in your context, maintain the personal element that begins in people's lives.

#### First impressions (image and questions)

Use the images and questions on screen as people gather for the online or recorded service to introduce the theme. Or use them as part of your sermon to break up the delivery and introduce something other than people – perhaps one person – talking to camera.

#### Share the Word

##### Readings and prayers

Use different voices and open up participation to those who might be nervous to stand up in church but don't mind being recorded, or speaking to a computer screen if your service is live online.

##### The reading(s)

Unless otherwise stated, the focus reading for the ROOTS resources will be the Gospel passage. So this is the one to use if you are having just one reading.

##### Drama or mime

Record households or socially distanced groups, or feature them in live services in real time.

### **Sermon, talk, thought for the week**

Suggestions for sermons/talks are provided in this week's In touch, published on Thursday morning.

### **Explore and respond**

#### **Activities**

Distribute templates and instructions in advance (e.g. via your Church website or FB page, or by text/email), so that people can participate in activities at home. And do this well in advance so that they can gather paper, pens and other materials together as may be required.

#### **Group activities and discussions**

Use households or breakout rooms to facilitate group discussions. Group practical and craft activities can often be done by households without any distancing issues. Activities and crafts can also be introduced and set up one week, to be done – e.g. by the household – during the week, with the results revealed, recorded (photos or video clips) or live, the following week.

### **Prayers**

Encourage participation from people at home by using responses within the prayers (whether the prayers are said live or recorded). Remember to make it clear what the response is at the beginning of the prayers. Many online platforms allow you to add text to the screen whether your service is live or recorded.

### **Go with God**

#### **Consider...**

Similar to the gathering activity, this activity is designed to give people an opportunity to think back over the time of worship, gather their thoughts and focus on this week's theme and what they have explored impacts upon their daily living as a disciple of Christ. However you adapt the idea for your online context, keep this aim in mind.

#### **ROOTS at home**

Use the ROOTS at home resource to encourage your Church community to continue to engage online, on social media, during the week ahead, with the various activities that they have taken part in during the service.

## Week by week commentary

### 10-16 January 2021

[See general help and tips on page 1 and 2.](#)

#### Gather

**New beginnings** – for groups, read households; you could also use breakout rooms, but this will take longer!

**Call to worship; A gathering prayer; First impressions** – no adaption necessary.

#### Share the Word

**Old Testament** – no adaption necessary.

**Gospel** – use screenshare to display images,

#### Explore and respond

**A video about climate change** – use screenshare to show the video; for groups use households or breakout rooms.

**A prayer for all ages together** – instead of circles, invite people to focus on the person to the left or right, above or below them on their screen.

**A discussion about barriers** – this will work better with mixed groups, so use breakout rooms. Use screenshare, or chat or whiteboard to share ideas.

**A prayer of petition** – no adaption necessary.

**A simple worship activity** – Invite every household to set up their own bowl of water

#### Go with God

**Consider...** – use households or breakout rooms.

**A sending out prayer** – no adaption necessary.

### 17-24 January 2021

[See general help and tips on page 1 and 2.](#)

#### Gather

**What can you hear?** – this will work best in all-age household groups; but breakout rooms may be used too.

**Call to worship; A gathering prayer; First impressions** – no adaption necessary.

#### Share the Word

**Old Testament** – no adaption necessary; invite someone in advance to read or record the monologue.

**Gospel** – the drama could be read 'live'; or prepared and recorded in advance.

#### Explore and respond

**An exercise in imagination** – no adaptation necessary; but set a time limit for a walkabout.

**A simple worship activity** – ask people in advance to prepare their own paper, pens and a bowl.

**A role play** – set this up in advance, either one household 'live' or pre-recorded.

**Make a prayer journal** – ask people in advance to prepare their own paper and craft materials.

**A prayer for all ages together; a prayer of petition** – no adaption necessary.

#### Go with God

**Consider...** – use households or breakout rooms.

**A sending out prayer** – no adaption necessary.

### 24-30 January 2021

[See general help and tips on page 1 and 2.](#)

#### Gather

**Take time** – a leader draws day/time slips from the bowl for people to respond to.

**Call to worship; A gathering prayer; First impressions** – no adaption necessary.

#### Share the Word

**Old Testament** – this requires two actors, and can be performed live or pre-recorded

**Gospel** – a household group prepare and record this; double up the parts as necessary with a simple costume change – e.g. a hat or scarf – to indicate different roles.

#### Explore and respond

**A familiar game with a twist** – draw the image using a whiteboard facility; the guesser and the person speaking in the background should be in the same household.

**Questions for discussion** – use breakout rooms.

**A listening exercise** – may work in some household settings; otherwise do as a demonstration by leaders.

**A simple worship activity** – no adaption necessary.

**Finding time in a daily routine; Looking for god in everyday decisions** – ask people in advance to prepare their own paper, pens and a bowl.

**A prayer for all ages together; a prayer of petition** – no adaption necessary.

#### Go with God

**Consider...; A sending out prayer** – no adaption necessary.

## 31 January – 6 February 2021

See [general help and tips on page 1 and 2](#).

### Gather

**By whose authority** – for ‘neighbours’ invite those in a household; or make it for everyone.

**Call to worship; A gathering prayer; First impressions** – no adaption necessary (a new US President does not invalidate the comparison!)

### Share the Word

**Old Testament** – display images using ‘share screen’.

**Gospel** – this presentation could be prepared and recorded in advance, or delivered by those in a single household.

### Explore and respond

**Whole group discussion** – establish an etiquette for who wishes to speak – e.g. hold up hand.

**Reflective craft activity** – ask people in advance to prepare their own paper and pens.

**A prayer for all ages together** – no adaption necessary.

**Giving testimony** – no adaption necessary.

**A simple worship activity** – in the final part, ask people to light their own tealight or candle, real or electric, at home.

### Go with God

**Consider...; A sending out prayer** – no adaption necessary.

## 7-13 February 2021

See [general help and tips on page 1 and 2](#).

### Gather

**A week in the life of** – no adaption necessary.

**Call to worship; A gathering prayer; First impressions** – no adaption necessary.

### Share the Word

**Old Testament** – no adaption necessary.

**Gospel** – this will work very well online, delivered by two people in a single household.

### Explore and respond

**Conversation about priorities** – record answers using a whiteboard facility; for groups use breakout rooms.

**A simple worship activity** – no adaption necessary.

**A prayer for all ages together** – no adaption necessary.

**Play hide and seek** – not adaptable for online.

**Prayer board** – no adaption necessary.

**Reflective activity** – no adaption necessary, but in advance tell people they will need pen and paper.

### Go with God

**Consider...** – suggest that people to make notes on the sheet of paper they already have, and later (after the service) to put a brief reminder note in a suitable place.

**A sending out prayer** – no adaption necessary.

## 14-20 February 2021

See [general help and tips on page 1 and 2](#).

### Gather

**By whose authority** – no adaption necessary.

**Call to worship; A gathering prayer; First impressions** – no adaption necessary.

### Share the Word

**Old Testament** – this requires three actors, and can be performed live or pre-recorded

**Gospel** – this could be prepared and recorded in advance, or read live by three voices who need not be in the same place.

### Explore and respond

**Game about ‘wow’ moments** – ask people (in advance if possible) to make a paddle which, on one side, says ‘Wow’ and on the other ‘Meh’, to give their responses when asked. Allow time for people to look at their screens to other people’s responses.

**Draw your journey** – ask people in advance to prepare their own paper and pens.

**Use descriptive language** – no adaption necessary.

**A simple worship activity** – no adaption necessary.

### Go with God

**Consider...; A sending out prayer** – no adaption necessary.

## 21-27 February 2021

See [general help and tips on page 1 and 2](#).

### Gather

**What are you wearing?** – no adaption necessary.

**Call to worship; A gathering prayer; First impressions** – no adaption necessary.

### Share the Word

**Old Testament** – use a whiteboard facility in place of the paper; the two actors will need to be in the same place/household and to have rehearsed with the narrator.

**Gospel** – no adaption necessary.

### Explore and respond

**An interview** – no adaption necessary.

**Pen and paper activity** – ask people in advance to prepare their own paper and pens.

**Small group discussion** – use breakout rooms.

**A simple worship activity** – display the images using screen share; invite five (or more) distinct voices to read the petitions.

### Go with God

**Consider...;** – in advance send people the passport template (PDF) so they can prepare their own sheet.

**A sending out prayer** – no adaption necessary.

## 28 February – 6 March 2021

[See general help and tips on page 1 and 2.](#)

### Gather

**Do you agree?** – in advance send people the smiley face template (PDF) so they can prepare their own sheet.

**Call to worship; A gathering prayer; First impressions** – no adaption necessary.

### Share the Word

**New Testament** – show the video using screen share.

**Gospel** – this requires two actors, and can be performed live or pre-recorded

### Explore and respond

**Play a group game** – this will need to be prepared and recorded in advance by a socially-distanced or large household group.

**Storyboard of Peter's life** – show the scenes using screen share; display each one long enough for people to make notes about what they see. Make sure to mix them up because they are in the right order on the template!

**Watch a clip of *The Lion King*** – show the video clip using screen share; for groups use households or breakout rooms.

**Share the peace** – use three alternative actions such as a hands together greeting:

- (1) to someone in your household.
- (2) to the people to your left and right as seen on the screen.
- (3) to everyone.

### Go with God

**Consider...; A sending out prayer** – no adaption necessary.