

A Liturgy of Love

A Wholesome and Culturally Diverse Family Morning
Time Curriculum


for Primary/Elementary Years (6-11 years)

Created by Alberta Stevens



HOMEGROWN  NSHINE





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All Artwork Acknowledgments can be found at the back of pack



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Introduction

A Liturgy of Love is designed to offer parents easy access to a flavoursome menu of the delectable Charlotte Mason-inspired (CM) feast of education.

Prepared as a self-contained, pick-up and go resource, our curriculum offers busy yet intentional parents a breadth of wholesome, diverse and meaningful education to enrich the hearts and minds of their children in one sitting.

Considering the short attention of young children and the Charlotte Mason principle of keeping lessons short, we have kept each piece in our resource menu short and sweet (age appropriately) for busy parents to complete within 30mins-1hr depending on age.

The short timeframe makes this resource highly suitable for both full-time home educators and those who work outside the home.

Whilst our resource pack is fully comprehensive in its offering, we recognize that as Morning Time is essentially about focusing on what matters to families, we have left the sections on stories and living books for parents to make their own choices. We have dedicated section 4 of this resource to several lists of suggested books and resources for you to choose from.



Seasonal and Monthly Themes

Our termly resource pack has been curated across offers 3 cross cutting themes

1. **Seasonal nature or festival themes** these are reflected in our nature poems.
2. **Character or virtue themes** – these are reflected via scriptures, quotes, poems and fables.

Each month, our content is designed to lean toward particular themes that would make it easy for parents to align their read-aloud sessions with our monthly themes:

- Hard work and Diligence for **August**
 - Friendship for **September**
 - Honesty and Wise Words for **October**
3. **Celebration of Black/African Cultural Diversity** – this can be seen in our selection of Black/Caribbean/African folk songs, fables and poems.

Additional Resources

‘A Liturgy of Love’ Resource Pack will be accompanied by a host of other resources.

This pack comes with access to:

1. Monthly Spotify poetry and music playlist to accompany Monthly MT Menu
2. Links to recommended themed living books, reference books, albums and other online resources as mentioned in the Morning basket

Additional benefits for Termly Membership

1. Members who sign up for our termly pack will be given immediate access to our exclusive FB community, where you will have regular access to:
2. Monthly theme related ideas and resources from homegrown sunshine and the rest of the ALOL community that can be put into practice straight away.
3. Audio recordings of poems and folk songs read aloud by Homegrown Sonshine.
4. Live sessions or pre-recorded videos offering tried and tested tips on various aspects on Morning Time
5. Regular blogs and reflections from members’ home school journey as it unfolds
6. Tips and inspiration from member within our ALOL MT community.



August Morning Time

Christian- primary years

SAMPLE MORNING TIME SCHEDULE

ALOL Morning Time Menu	Timing	Day1	Day 2
	Mins		
Prayer	2	The Lord's Prayer	Prayer
Affirmations	3	CM Affirmation	CM Affirmation
Hymns	5	What a Friend we have	
Scriptures/Quotes Bible Devotional Reading	10	Memory Verses On Hard Work	
Folk Songs/ Empowerment Song	5	Brown Gyal In the Ring	Happy Being Me
Poetry	5	A Summer Day	Mother to Son
Fables	5	Ole and the Ants	The Grasshopper and the Ants
Doxology	2	Doxology	
Read Aloud			
Picture Books		Book of Choice see section 4 for suggestions	
Charlotte Masons Enrichment Education			
Composer Study		Coleridge Taylor	
Artist Study			Edgar Degas



Section 2

A Liturgy of Love:

a Delightful and Diverse Morning Time Menu

Affirmations
Prayer
Scriptures
Quotes
Hymns
Songs
Folksongs
Poems
Fables





Affirmation

Growth Mindset

I AM -

designed to love and be loved.
brave, unique and worthy.
capable of infinite creative possibilities.

I CAN -

do hard things.
stretch my brain by learning new and difficult things.
learn from mistakes and feedback.

I WILL -

work hard to learn new things.
use my words and energy to be kind to myself and to others
focus on what is good, joyful and noble.

I OUGHT -

to practice and take risks if i want to succeed in life.
to be patient with myself and my loved ones because we are all trying our best.



September

Kindness and Friendship

“Friendship is born at that moment
when one person says to another,
‘What! You too? I thought I was the only one.’”
-C.S. Lewis

“Don’t make friends who are comfortable to be with.
Make friends who will force you to lever yourself up.”
-Thomas J. Watson

“You can make more friends in two months
by becoming interested
in other people than you can in two years
by trying to get other people interested in you.”
- Dale Carnegie





September

What a Friend We Have in Jesus

Joseph Scriven , 1855

Hymn melody, chords and song sheets can be found here

1 What a Friend we have in Jesus,
All our sins and griefs to bear!
What a privilege to carry
Everything to God in prayer!
O what peace we often forfeit,
O what needless pain we bear,
All because we do not carry
Everything to God in prayer!

2 Have we trials and temptations?
Is there trouble anywhere?
We should never be discouraged,
Take it to the Lord in prayer.
Can we find a friend so faithful
Who will all our sorrows share?
Jesus knows our every weakness,
Take it to the Lord in prayer.

3. Are we weak and heavy-laden,
Cumbered with a load of care?
Precious Savior, still our refuge—
Take it to the Lord in prayer;
Do thy friends despise, forsake thee?
Take it to the Lord in prayer;
In His arms He'll take and shield thee,
Thou wilt find a solace there.

After enduring personal tragedy, Joseph Scriven emigrated to Canada. Shortly after he received word that his mother was in crisis and so he penned this hymn as a poem to her in Ireland. She then shared it with a friend who published it anonymously and the rest is history!.



August

Brown Girl in the Ring

(Jamaican Creole)

This song is a well-known folk song from the Caribbean, possibly Jamaica what children as they play in a circle dance.

The song was made popular by Boney M, in 1978.

*Dere is a brown gyal in the ring
Tra la la la la
Dere is a brown gyal in the ring
Tra la la la la la
Brown gyal in the ring
Tra la la la la
Shi luk lakka sugar and a plum
Plum plum.*

*Show mi yu motion
Tra la la la la
Show mi yu motion
Tra la la la la la
Show mi yu motion
Tra la la la la
Shi luk lakka sugar and a plum
Plum plum.*

English Translation

*There's a brown girl in the ring
Tra la la la la
There's a brown girl in the ring
Tra la la la la la
Brown girl in the ring
Tra la la la la
She looks like a sugar and a plum*
Plum, plum!*

*Show me your motion
Tra la la la la
Come on show me your motion
Tra la la la la la
Show me your motion
Tra la la la la
She looks like a sugar and a plum*
Plum, plum!*

A version of this song from www.MamaLisa.com can be heard [here](#)

Piano notes to this song can be found [here](#).



October

Something Inside So Strong

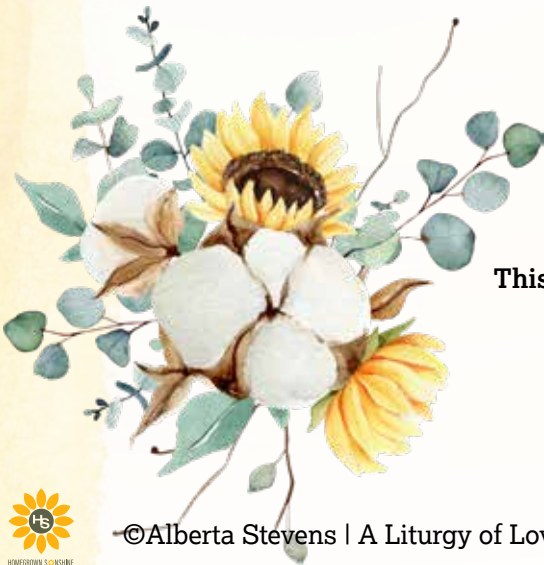
Labi Siffre(1987)
1945-Present

London based black British Musician, singer, songwriter, poet, writer

Labi was inspired to write this song after watching a documentary about by the injustice against black people in South Africa in the 1980s.

The higher you build your barriers
The taller I become
The further you take my rights away
The faster I will run
You can deny me, you can decide
To turn your face away
No matter 'cause there's
Something inside so strong
I know that I can make it
Though you're doing me wrong, so wrong
You thought that my pride was gone, oh no
There's something inside so strong
Oh, something inside so strong

**This song can be listened to or purchases from my Morning Time playlist on spotify [here](#)
Watch Labi Siffre 's official video of this song [here](#).**





September

Autumn Fires

1913

Robert Louis Stevenson, (1850–1894)
A Child's Garden of Verses and Underwoods.

IN the other gardens
And all up the vale,
From the autumn bonfires
See the smoke trail!

Pleasant summer over **5**
And all the summer flowers,
The red fire blazes,
The gray smoke towers.

Sing a song of seasons!

Something bright in all! **10**
Flowers in the summer,
Fires in the fall!

This work is in the Public Domain



September

The Arrow And The Song

1845

By Henry Wadsworth Longfellow
1807-1882

*I shot an arrow into the air,
It fell to earth, I knew not where;
For, so swiftly it flew, the sight
Could not follow it in its flight.*

*I breathed a song into the air,
It fell to earth, I knew not where;
For who has sight so keen and strong,
That it can follow the flight of song?*

*Long, long afterward, in an oak
I found the arrow, still unbroke;
And the song, from beginning to end,
I found again in the heart of a friend.*

This work is in the Public Domain





Fables



September

Kindness

The Lion and the Mouse

Aesop's Fables

A Lion, tired with the chase, lay sleeping at full length under a shady tree. Some Mice, scrambling over him while he slept, awoke him. Laying his paw upon one of them, he was about to crush him, but the Mouse implored his mercy in such moving terms that he let him go.

Now it happened that sometime afterward the Lion was caught in a net laid by some hunters, and, unable to free himself, made the forest resound with his roars. The Mouse, recognizing the voice of his preserver, ran to the spot, and with his little sharp teeth gnawed the ropes asunder and set the Lion free.

From Aesop's Fables: a new translation by V.S. Vernon Jones, with an introduction by G.K. Chesterton and illustrations by Arthur Rackham. 1912 edition. This work is in the public domain



Section 3

Art and Music Appreciation

Charlotte Mason Approach to Picture or Music Study





When to do Picture Study?

Picture/Art study can be done any time to fit with your family's schedule. I prefer to do it once a week as part of CM Morning Time activities. I have also done picture and music study successfully immediately after dinner in the evening.

How to do Picture Study with CM Approach?

In this EYS or pre-school morning time resource, it is proposed that the child (ren) only study 3 pieces of art by the same artist each term. In line with Ms Mason's principles, we recommend that you introduce your child(ren) to the artist through an age appropriate living book or a lively biography to help the child become familiar with the life, culture and context of the artist.

"We cannot measure the influence that one or another artist has upon the child's sense of beauty, upon his power of seeing, as in a picture, the common sights of life; he is enriched more than we know in having really looked at even a single picture."

1. **Print or photocopy** an A4 size copy of this month's designated picture. This summer term will be studying a few of Claude Monet's well-loved summer themed works of art. See section 3 of the Morning Time Menu. You can either download or photocopy this picture from any of the art resources suggested in the art and music appreciation resource page which you will find in Section 4 of this resource.

Display the selected art on an easel, a bookstand or anywhere your child(ren) will be able to look at the art keenly until they can see it clearly in their minds' eye.

"No mere looking will fully unveil the inner meaning, we must learn the picture by heart, and hold it in our memory, that it may become a subject for contemplation and a joy;" Ms. Frost, PNEU, For the Children's Sake

2. **Ask the children to study the picture** closely for 2-3 minutes. Try not to give them any further directions. Answer questions about the artist or the context of the artist life let the child or children take

an interest in the picture. If required add vague instructions like 'start with the big picture (form) and work your way into the tiny details.' 'It is quite plain that the most important reason for our study of pictures is to see the beauty and to learn the truth told in a different way by every age and school of painting.' Miss Mason

3. **Turn the picture** over (hide from view) and ask the child (ren) to describe what they saw. Again, if they struggle to organise their thoughts, you could give tips like 'start with the form and work your way into the tiny details'. Keep instructions to a minimum. "By carefully training the child's observation he will learn much about the value of colour and the beauty of composition at an early age which will be of infinite help to him later on." Miss. Evans,
4. **Repeat the process** and ask them to look at the picture again. Then hide the picture and ask them to describe what they saw. You will notice that this time they added more details. Resist the urge to probe, direct their attention or add to their details.



A Liturgy Of Love Of Music Study



ABOUT OUR GUIDE TO MUSIC STUDY

Introduction

Music appreciation gives parents the opportunity to expose their children to the beauty, form and composition of wholesome music at home. For Charlotte Mason, music study was more effective when children were exposed to a stream of work of one composer at a time so they can become more familiar with the style, lessons and form of the artist's work.

"Let the young people hear good music as often as possible, and that under instruction.

It is a pity we like our music, as our pictures and our poetry, mixed, so that there are few opportunities of going through, as a listener, a course of the works of a single composer. But this is to be aimed at for the young people; let them study occasionally the works of a single great master until they have received some of his teaching and know his style" ~Charlotte Mason (Vol. 5, p. 235).

Our diverse and expanded approach to Music Study

Whilst we see tremendous value in Ms `Mason's recommendation of studying one omposer at a time, we also recognise need to expand the range of musicians and composers canonised within traditional Charlotte Mason music study programmes.

We have therefore included a wider range music and composers to ensure all children have an inclusive idea of what is considered "good music". It is imperative for children from black and non-European backgrounds to have the privilege of studying and valuing wholesome music from their own cultural heritage. In alignment with the guidance of Mrs E Glover who pioneered of the PNEU music study method, as she puts here:

"Do not imagine that you must play down to your little child; as in everything else, give him the very best from the commencement, though you may do well to select simple and melodious compositions with well-marked rhythms. Let your répertoire take a wide range, embracing operas and oratorios, as well as pieces specially written for the piano. (p. 579)

What is in the pack?

Each term, we will offer your family the option of studying two musicians, one of western musical tradition and the other an equally celebrated black or non-white heritage artist. How you choose to explore these musicians in your home is up to you. We recommend limiting the variety of songs and learning activities that pre-schoolers are exposed to at a time, so as not to overwhelm them.

Winter Term Musicians

PYOTR ILYICH TCHAIKOVSKY

NINA SIMONE

In both our art and music enrichment studies , our intention is to be instructive rather than prescriptive. This means our aim is to equip and enable you, to be confident in leading music study with your child(ren) in your home and to do so with ease



Section 4

Suggested Morning Basket Resources:





You made till the end!

Congratulations!

*Thank you buying A Liturgy of Love and making our vision come true.
If you've enjoyed using this resource head to our [website](#) and subscribe to our
Winter Pack which will be out in October 2020.*

*Please join our online community on FB and Instragam for regular Morning
Time inspiration.*

*From,
The Homegrown Sonshine Team x*

