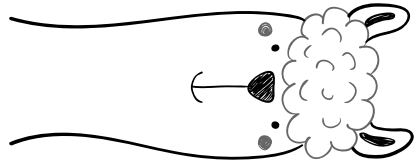


"GREAT AND SMALL"

GUIDE TO THE MOST
OKAYEST SUMMER EVER!





INTRODUCTION



Certain seasons of the year get loaded with more than their fair share of expectations. Christmas is the queen of these, but summertime is a close second. Parents who can barely manage to get lunch on the table before 2pm on normal days are now expected to pack that lunch in a basket and take it somewhere outside with their children and pretend it's more fun to eat it full of dirt than at a table. Because picnics!

People who fall exhausted onto the couch as soon as their kids are tucked in each night are now expected to stay up with their children way past (the now very late) sunset. Because fireflies! Campfires! S'mores!

And people who don't know how they will keep their kids fed, or supervised, or safe, when school's not in session are told they must also try to achieve somebody's vision of the perfect summer. Because magic!

And yet, despite the humidity and risk of tick-borne illness, it's hard to deny that there's something special - an expansiveness, a deliciousness, a playfulness - about summer. There are delights in this season that can't be had any other time. If you'd like to tap into a little bit of that action, SALT's "'Great and Small' Guide to the Most Okayest Summer Ever" is for you.

We've chosen six songs - for the six weeks at the heart of summer - from *Great and Small*, the second album of toe-tapping, dance-around-the-kitchen, boogie-in-the-backyard songs from SALT's house band, Butterflyfish. For each song, we've offered a list of related activities, conversation prompts to help you open up over dinner, and other fun suggestions scattered throughout for a bit of summer adventure.

Here's what we're offering: a touch more connection. A sprinkling of faith. A little more summer, and maybe a little more God.

Here's to a summer that, even if it's not the most amazing ever, can still be pretty okay.

THE SONGS*

GREAT AND SMALL

A rip-roarin' tribute to our greatness and smallness

IN THE BEGINNING

A lively, mischievous version of the first creation story in Genesis

YOU BE YOU

A playful, sing-along-able anthem about everyone's goodness

THE GOSPEL STORY

Dust off the old banjo - heaven's coming down here!

REST

A lovely sabbath song (and a restful love song)

ONLY AT NIGHT

What the Magi sang on their way to Bethlehem

*Check out the lyrics in the back!

WANT MORE BUTTERFLYFISH?

These six songs are all from the band's second album, *Great and Small*. Check out all things BFF at saltproject.org (click on Shop > Music).





WEEK ONE

GREAT AND SMALL



SCRIPTURE

You are dust, and to dust you shall return. + Genesis 3:19

You have made humans a little lower than God, and crowned them with glory and honor. + Psalm 8:5

MEDITATION

This song's inspired by an ancient Jewish (Hasidic) tale: every person should have two pockets, with a scrap of paper in each. One scrap should read, "I am but dust and ashes," from the Book of Genesis. And the other should read, "For my sake was the world created," a line from the Talmud. Whenever we feel too proud, the rabbis taught, we should read the first; whenever we feel discouraged, we should read the second.

IDEAS AND ACTIVITIES

- o You probably aren't going to ever carry pieces of paper like this around, but you can remind yourselves and each other what your right size is, anyway. Agree together on a modern paraphrase of these lines ("God thinks you're amazing!" and "You're not as special as you think you are"), and then turn them into two pieces of art to hang on either side of a doorway that goes in and out of your house, or on the fridge, or wherever.
- o Practice being great and small at the same time. Go somewhere where you can feel the largeness of things: under a big sky, beneath a tall tree, near deep waters, at the top of a huge building, or maybe just looking at an image of something vast. Once you feel appropriately small in your surroundings, now make yourself big! Stand in mountain, tree, or warrior pose (look them up before you head out!) and feel your own majesty, magic, and power.

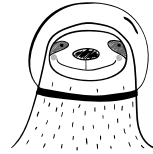
- o Mess around on Google Earth together; zoom in and out lots. Look up images from the Hubble Space Telescope. Human beings are both great and small!

CONVERSATIONS

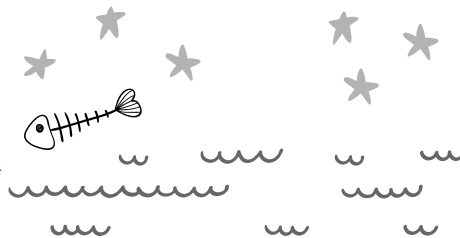
- o Are "great" and "small," "tiny" and "tall" mutually exclusive? How can we be both?
- o Most of us understand the need for regular encouragement. Why and when is the opposite - to be taken down a notch - important? Who decides when we need it and how to give it?
- o How do different aspects of identity, like race, gender, or class, affect how much space the world lets people take up? What do you think God might think about that?

IN THE BEGINNING:

PLAN SOME SPONTANEITY



Maybe you're one of those parents who can wake up on a random Tuesday and plan an amazing spur of the moment adventure. If you're not, or if your schedule just doesn't work that way, you can get the same effect with a little planning. Look at your summer calendar now, here at the beginning. Choose three (two? one?) times throughout the summer that work for you, and block them out now. Write "Spontaneous Picnic!" "Spontaneous Hike!" or whatever. No need to tell your kids; just wake them up that morning and spring it on them. That way this summer won't slip away without any fun surprises like last year did, and your kids will think you're one of those fun, spontaneous parents!





WEEK TWO

IN THE BEGINNING



SCRIPTURE

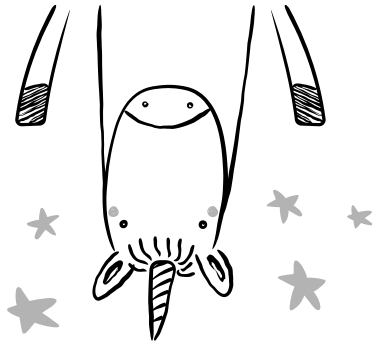
Genesis 1 (Or for tired people: Gen 1:1-5, and then skip to Gen 1:26-27)

MEDITATION

Throughout Genesis, whenever God creates a new thing, “God saw that it was good.” Which is to say, creation has always been a garden of delights, from the very beginning. For many of us, summer affords more chances to revel in these delights than other times: more time, more space, more scope for the imagination. Part of what God did in the beginning was to create contrast out of sameness; you can read Genesis as the story of the first flowering of diversity. So let’s get out there and experience some of it!

IDEAS AND ACTIVITIES

- o Pretend it’s way back in the beginning. Darken a bedroom as much as you can, then take turns lying in bed with the covers pulled up over your head; all darkness, all sameness, nothing much to see or feel. Imagine this is all there is; what would you miss? When you’re ready, throw off the covers, open the curtains, and look out at the world. Then go out and delight in it (but not before you share a quick snuggle under the covers)!
- o Summer is a great time to experience contrast: a hot day and a freezing lake, blinding sun and delicious shade, dry air and a cold glass of lemonade. Find a way to experience those contrasts today: lay out in the sun and let an ice cube melt on your stomach, dance through a sprinkler, go for a hot walk in the city and then relax somewhere air conditioned. Give thanks for contrast!



- o Do a little biodiversity research: visit a natural history museum online, research your. your favorite animals, or Google "tree of biodiversity" - and learn about all the difference and contrast God has made.

CONVERSATIONS

- o In the song, God decides the world isn't complete without humans. What do you think about this? Would the world still be complete without us? What role should humans play?
- o If God completed creation with human beings, that means YOU are what God made the last time She thought to herself, "Hmmm, you know what this world needs?" How does it feel to be one of God's finishing touches?
- o What do you think is missing from the world right now? What finishing touches would you add?

THEME DAYS

MAKE SOMETHING MONDAYS CRAFTS! PROJECTS! ART! 	TIME TO READ TUESDAYS PICK SOME FAVES FOR QUIET READING - AND READING ALOUD TOGETHER. 	WATER FUN WEDNESDAYS SPRINKLERS! WATER BALLOONS! SWIMMING! 	TAKE-IT-OUT THURSDAYS TAKE A HIKE, VISIT A PARK, OR FIND A FIELD AND THROW A FRISBEE! 	FAB FUN FRIDAYS MAKE A LIST OF EACH PERSON'S FAVORITE SPECIAL ACTIVITIES, AND DEVOTE FRIDAYS TO DOING THEM! 
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WEEK THREE

YOU BE YOU

SCRIPTURE

I praise you, for I am fearfully and wonderfully made. + Psalm 139:14

MEDITATION

We all have things that we wish were different about ourselves: our bodies, our personalities, our abilities, our habits, our tendencies. And though there are plenty of parts of the Bible that call us to change or improve, it's the clear witness of Scripture that each of us is wonderful, lovable, and beloved, exactly as we are right now. This is hard for parents to remember about themselves, but it can be even harder to remember about our children, whose development we feel responsible for. But here's the good news of the Gospel: God made you good! If you forget, all you have to do is sneak into their rooms at night and look at their faces as they sleep. And by the way - that feeling you feel as you do that? That's how God feels about you right now!

IDEAS AND ACTIVITIES

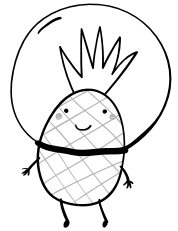
- o Have a tiny family dance party. Tell your kid there's nothing you'd rather do than sing along with them. Have each kid make up a silly rhyme (like the ring-a-ling-a-dings and la-dee-das in the song), and all sing it together. Have them add a dance move to go with their rhyme!
- o If you can manage it, give each kid a day - or part of a day - alone with you and your full, undivided attention. Do something fun together, and remind yourself to marvel at your kid's good qualities all day long. Tell them what you're marveling at!



- o Get out some pencils and a few pieces of paper and draw portraits of one another. When you reveal your portrait to your subject, say dramatically, "You are fearfully and wonderfully made!"

CONVERSATIONS

- o When someone says to you, "God loves you just exactly as you are right now," how does that make you feel? Is it easy or hard to believe? Why?
- o What's your favorite thing about yourself? About your pet? Your house? Your family?
- o What are you most proud of?



FAKE IT

Can't get to the beach? Hate the woods? Don't have a backyard? Just don't feel like going outside? Fake it by watching one of these summery movies with your kids:

- o The Sandlot
- o Jaws
- o The Parent Trap (either version!)
- o Pete's Dragon (2016 version)
- o Moonrise Kingdom
- o E.T. The Extra-Terrestrial
- o Stand By Me (rated R, but pretty tame)





WEEK FOUR

THE GOSPEL STORY

SCRIPTURE

Then I saw a new heaven and a new earth...And I saw the holy city, the new Jerusalem, coming down out of heaven from God... + Revelation 21:1-2

MEDITATION

So many of our solutions to life's problems are geographic: if we move to a new town, if we get a job in a new office, if we can just get away for awhile, then our problems will be solved. If we can just make it out of this vale of tears and up to heaven, we'll be set. But the Gospel's good news is that we don't need to head elsewhere for our beauty or our solutions. The solutions are already here, or if they're not, salvation is headed our way on the double. There's a discipline involved in learning to see heaven on earth, though. We have to practice looking for heaven breaking through. Once you get in the habit of noticing it, you'll start seeing it everywhere!

IDEAS AND ACTIVITIES

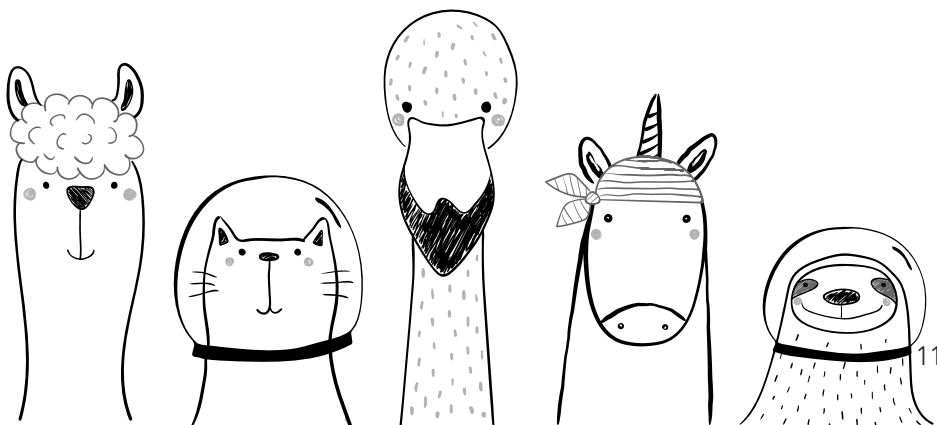
- o Heaven is described in lots of ways in the Bible: a city, a flower, a river, a tree, and lots more. Go for a walk to look for heaven. Point out things to each other that seem "heavenly" to you.
- o Bring heaven to earth by reading five new books about activism. Check out some of these titles, "Peaceful Fights for Equal Rights," "A is for Activist," "We March," "Enough! 20 Protesters Who Changed America," "Never Too Young," and "Mama Miti."
- o Sit somewhere familiar at home: the living room, the yard, the roof. Look around (don't forget to look at each other) and point out what's heavenly about where you are right this moment.

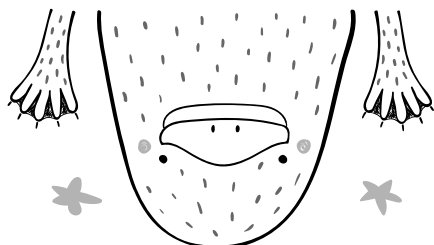
CONVERSATIONS

- What is heaven even *for*? Like, why do you think so many religions include some idea of paradise?
- What are some things that would need to change around here for it to be more heavenly?
- Many people talk about or believe in a heaven that we go to after we die. Do you believe in such a realm? If so, what does it have to do with the heaven that the song says is headed here?
- The song talks about how Jesus preached in the open air, not inside religious buildings. If Jesus wanted to reach a bunch of people today, where do you think he would preach? *

YES DAY

Plan a Yes Day. Tell your kids that being a parent often means saying “no” more than you would like. Tell them that whatever they ask you to do with them that day, you will say “yes.” (Be smart, though! Lay down some parameters: cost, distance, safety...) If you have more than one kid and can manage it, give them each their own day or part of the day.





WEEK FIVE

REST

SCRIPTURE

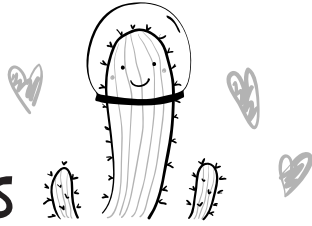
Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. + Matthew 11:28

MEDITATION

You probably already know that sabbath - intentional periods of rest - is both a commandment and a gift from God. You already know how important it is, too, so we'll save you the lecture. What's great in the verse from Matthew above is that Jesus doesn't just command or recommend rest; he actually offers it. As in the song, we too can give each other rest; if not by offering them a place to lay their heads, then at least by making space for each other's sabbath. And like the parent of a fractious toddler, we can point out - firmly - for each other when we need a nap.

IDEAS AND ACTIVITIES

- o Well, isn't this perfect? God commands rest and Jesus offers it! There's only one thing to do: put a movie on for the kids (see our list of summery movies if you'd like a seasonally-appropriate choice!) and then take a nap. A hammock or a pool float would be nice, but go ahead and put your forehead down on your arms on the sink while sitting on the toilet if that's the best you can do. You're worth it!
- o Instead of a vacation, what would a "rest-cation" look like? A time that's less exhausting than restorative - for both kids and parents!
- o Plan a day without plans. No errands, no quick trips to the whatever. Just playing together, ambling together, reading together, and appreciating each other.



CONVERSATIONS

- o Not everyone's idea of rest is sitting in a deck chair with a glass of iced tea; everybody needs sleep, but some people find house cleaning or gardening restful. Some kids get recharged by running around at top speed. Ask each person what "rest" means to them. See if you can offer that kind of rest to each other in the next few days.
- o What gets in the way of sabbath for you? For your family? What could you be doing to change that?
- o How could the members of your family be offering each other sabbath rest better or more often?

THE BEST THINGS IN LIFE ARE (ALMOST) FREE!

Let the world REST this week by buying nothing. Here are some ideas:

- o Try a new recipe
- o Camp in the living room or backyard
- o Make a time capsule (for next year or next decade!)
- o Organize a cabinet, closet, or bookshelf
- o Go through old photos
- o Make a fleet of paper airplanes
- o Keep a journal for the week
- o Make some music (playing or singing - or both!)
- o Do a random act of kindness
- o Connect - by phone or online - with an old friend
- o Dance party (or listening party), rotating the DJ!



WEEK SIX

ONLY AT NIGHT



SCRIPTURE

When they had heard the king, they set out; and there, ahead of them, went the star that they had seen at its rising, until it stopped over the place where the child was. When they saw that the star had stopped, they were overwhelmed with joy. On entering the house, they saw the child with Mary his mother; and they knelt down and paid him homage. Then, opening their treasure chests, they offered him gifts of gold, frankincense, and myrrh. And having been warned in a dream not to return to Herod, they left for their own country by another road.

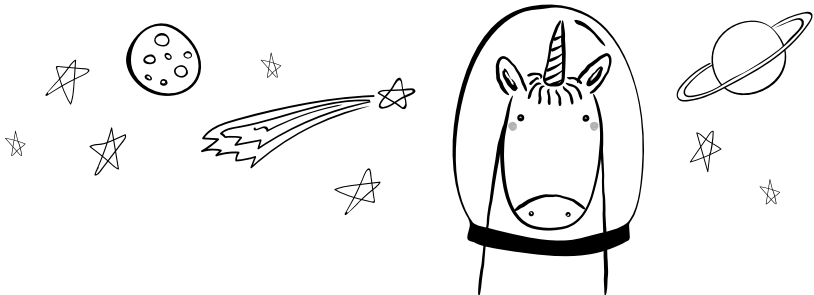
+ Matthew 2:9-12

MEDITATION

They say the Magi followed a star to Jesus. If it was like other stars, it would have only been visible at night, when the sun was down. It probably would have been easier to travel in the daytime, but some lights are only visible when the brighter lights are out. Some sounds can only be heard when loud noises go quiet.

IDEAS AND ACTIVITIES

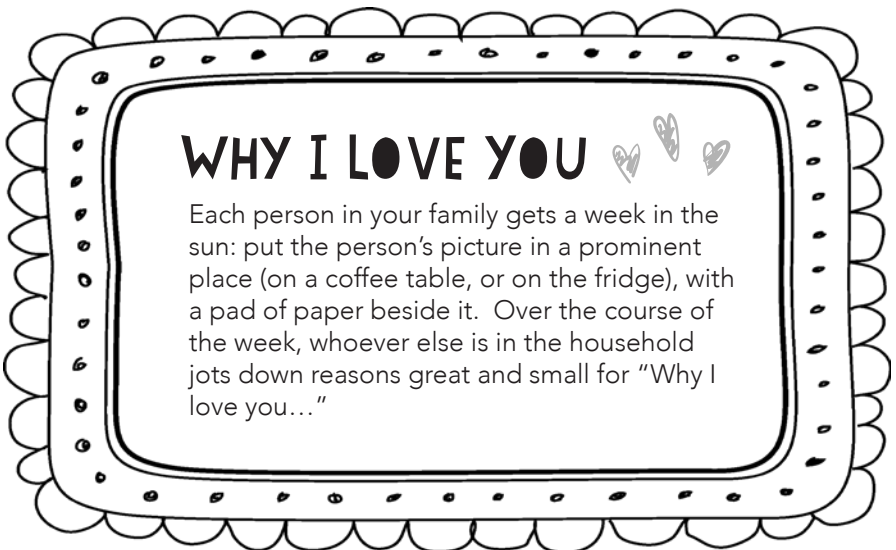
- o OK, we know in the intro we made it seem like we weren't going to make you stay up late. But the simple truth is, some of the best summer stuff happens at night. So even if you're not a night person, make a plan to stay up late with your kids and let them do a little stargazing, or a flashlight hike, or a game or two of nighttime backyard hide and seek.



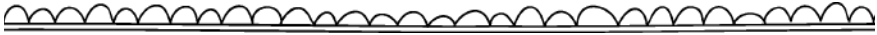
- The stars are out there in the sky all the time, not just at night. You just can't see them till the bright sun goes down. Spend some quiet night time, inside or out, with the lights off. What else becomes obvious in the dark that you don't notice during the day?
- Feeling frisky? Lots of energy? Create a clue hunt around the house and yard - like the Magi following the clues toward Jesus - with an ice cream or campfire s'mores treat at the end.
- Let the world take you on a walk. Go for a walk, but refuse to let the human-made sidewalks and paths and trails guide you. Be like the magi, and follow the signs the world gives you. Take turns choosing a sign to follow: the direction a random stick is pointing, the path of a bird flying overhead, a shimmer in the distance, the sound of an angry squirrel. See where you end up!

CONVERSATIONS

- Why is it so fun to mess around outside at night?
- Lots of people must have seen the star that the Magi saw, but didn't know what it was or what it meant. Have you ever seen something and understood what it meant in a way that others didn't?
- What do you want so much that you'd walk a long way to get it?



BUTTERFLYFISH LYRICS



GREAT AND SMALL

Deep down here inside my pocket
There's a little piece of paper
Take it out and read it
When I'm feelin' out of shape or
To keep my fears at bay
It says: "You are great!"

Heard it said that we are made
In the image of the Maker
So I wrote that down
On a little piece of paper
Read it every day
Remember you are great



Deep down in my other pocket
There's another piece of paper
Take it out and read it
When I'm gettin' into shape or
When I'm walkin' tall
It says: "You are small!"

Then again, I know we built a
Lot of tall, tall steeples,
(But the) Whole wide world is
More than just us people
So through it all
Remember we are small

CHORUS:
Cause you are great and small
You are tiny and tall
Remember through it all
You are great and small!

Dust to dust, we shall return
Whole wide world was made
For us to learn

CHORUS x3



REST

When you lay down again
Let me lay with you
When you lay down again
With you, with you, let me lay with you
When you lay down again

When you reach out again
Let it be for me
When you reach out again
For me, for me, let it be for me
When you reach out again

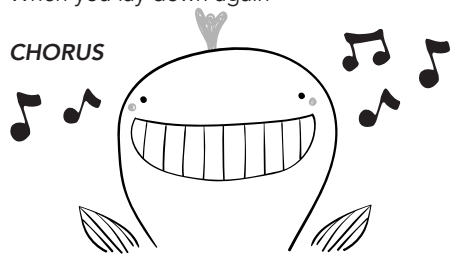
When you come 'round again
Let it be to me
When you come 'round again
To me, to me, let it be to me
When you come 'round again

CHORUS

CHORUS:
Rest, rest
Come lay your head on my breast
Every now and then
Rest, rest
Come lay your head on my breast
And be home again

When you lay down again
Let me lay with you
When you lay down again
With you, with you, let me lay with you
When you lay down again

CHORUS



IN THE BEGINNING

In the beginning
There was nothing but water water
water water water
Whole lotta water water water water
water
But no whales
In the beginning
There was nothing but water water
water water water
Whole lotta water water water water
water
But no shrimp cocktail

And even if there was, you couldn't see
'em
Couldn't hug and squeeze 'em
'Cause there was no sun up in the sky
In fact there was no sky
In that old by and by
Just a lotta water water water water
water
But no whales

In the beginning
There was nothing but shadow shadow
shadow shadow shadow
Whole lotta shadow shadow shadow
shadow shadow
But no shade
In the beginning
There was nothing but shadow shadow
shadow shadow shadow
Whole lotta shadow shadow shadow
shadow shadow
But no lemonade

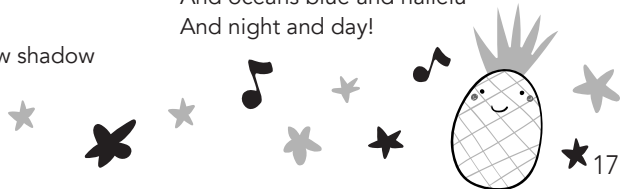
And even if there was, we couldn't
enjoy 'em
We couldn't employ 'em
On a hot summer day on the Fourth of
July
In fact there was no July
In that old by and by
Just a lotta shadow shadow shadow
shadow shadow
But no shade

In the beginning
There was a Holy Holy Holy Holy Spirit
Whole lotta Holy Holy Holy Holy Spirit
Everywhere
In the beginning
There was a Holy Holy Holy Holy Spirit
Whole lotta Holy Holy Holy Holy Spirit
Hovering in the air

And She said, "Hey,
Let's pick this pace up
Let's fix this place up
All water and shadow's so passe
So let there be some light
And let it shine clear and bright
On whale and shrimp and kale and
chimp
And night and day!"

In the beginning
There was something missing missing
missing missing missing
Little something missing missing
missing missing missing
From the world
In the beginning
There was something missing missing
missing missing missing
That something missing missing
missing missing missing
Was a boy and a girl

'Cause boys and girls
Make lemonade stands
March in parade bands
Fourth of July, "Hip hip hooray!"
And they sail the ocean blue
Singin' "Hallelu"
For whale and shrimp and kale and
chimp
And summer shade and lemonade
And oceans blue and hallelu
And night and day!





YOU BE YOU

There's nothing I'd rather do
Than sit around the house with you
And sing - sing-a-ling-a-ling
Ring-a-ling-a-ding-ding

There's nothing I'd rather say
Than would you like to spend the day
In a song? How can that go wrong?
You can even sing along!

"LA" CHORUS

There's no-one I'd rather be
Than a singer in a harmony with you
Would you like that too?
Do be do be do be do

There's nowhere I'd rather go
Than a place where we can do
Re mi fa so la
La dee da dee da dee da

"LA" CHORUS

You don't have to go high
You don't have to go low

You just have to go wherever that you
are gonna go
You don't have to do what
People say you should do
You just gotta help me be me and you
be you

You don't have to believe
You don't have to doubt
You don't have to go run around and
figure it all out
You don't have to what
People say that you should
You just gotta be who God made you
'cause God made you good

There's nothing I'd rather do
Than sit around the house with you and sing
There's nothing I'd rather say
Than would you like to spend the day in
the song
There's no-one I'd rather be
Than a singer in a harmony with you
There's nowhere I'd rather go
Than a place where we can do re mi fa
so la ti do do do...



THE GOSPEL STORY

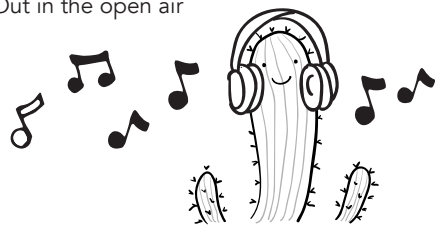
I ain't goin' up to heaven in the sky
I ain't flyin' with the angels when I die
I ain't gonna rise up in the clear
'Cause I do believe my dear
Heaven's comin' down here

Comin' down here
Comin' down here
I said, "Heaven's coming down here!"
I ain't gonna rise up in the clear
'Cause I do believe my dear
Heaven's comin' down here

CHORUS:

*That's the Gospel story, that's the
Gospel plan
Kingdom of glory's right here at hand
So don't you worry, woman or man
That's the Gospel story, that's the
Gospel plan*

Well when Jesus said, "Follow me"
He didn't go to a church or say a creed
Out in the open air



He did his preachin' and his prayer
That's what he did when he said
"Follow me"

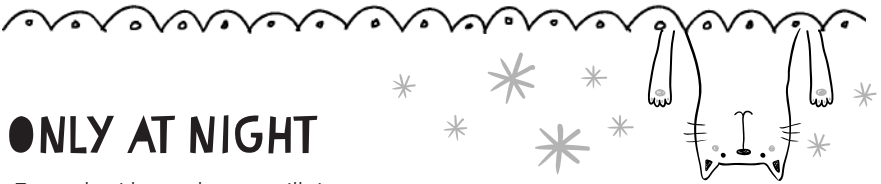
Follow me
Follow me
That's what he did when he said
"Follow me"
Out in the open air
He did his preachin' and his prayer
That's what he did when he said
"Follow me"

CHORUS

I ain't goin' up to heaven in the sky
I ain't flyin' with the angels when I die
I ain't gonna rise up in the clear
'Cause I do believe my dear
Heaven's comin' down here

Comin' down here
Comin' down here
I said, "Heaven's coming down here!"
I ain't gonna rise up in the clear
'Cause I do believe my dear
Heaven's comin' down here

CHORUS x2



ONLY AT NIGHT

Every day I know the sun will rise
A beautiful world shinin' in your eyes
Every day every day every day every
day
Every day I know the sun will rise

But then one night, such a beautiful
sight
Up in the sky
Calling so clear, drawing us near
Wondering why
That's why we follow that faraway light
And that's why we travel only at night

Everywhere we go we travel on
We ride in the night and go to sleep at
dawn
Everywhere everywhere everywhere
everywhere
Everywhere we go we travel on

'Cause deep in the night, there's such a
beautiful sight
Up in the sky
Calling so clear, drawing us near
Wondering why
That's why we follow that faraway light
And that's why we travel only at night

Some say that sun never does do down
They say it's just the world spinnin'
round and round
And so even now, in the middle of the
night
The sun is shinin' bright - and I think
they're right

Everyone says that it's news to them
That a beautiful light could shine on
Bethlehem
Everyone everyone everyone everyone
Everyone says that it's news to them

But here in the night, there's such a
beautiful sight
Under the sky
Light shinin' down on this common
ground
New baby cry
That's why we followed that faraway
light
And that's why we traveled only at night

On the way home I know the sun will
rise
A beautiful world shinin' in our eyes

SUMMER CALENDAR

AND/OR **OKAYEST MEMORIES**

