

# Mine Rich In Gems Presents

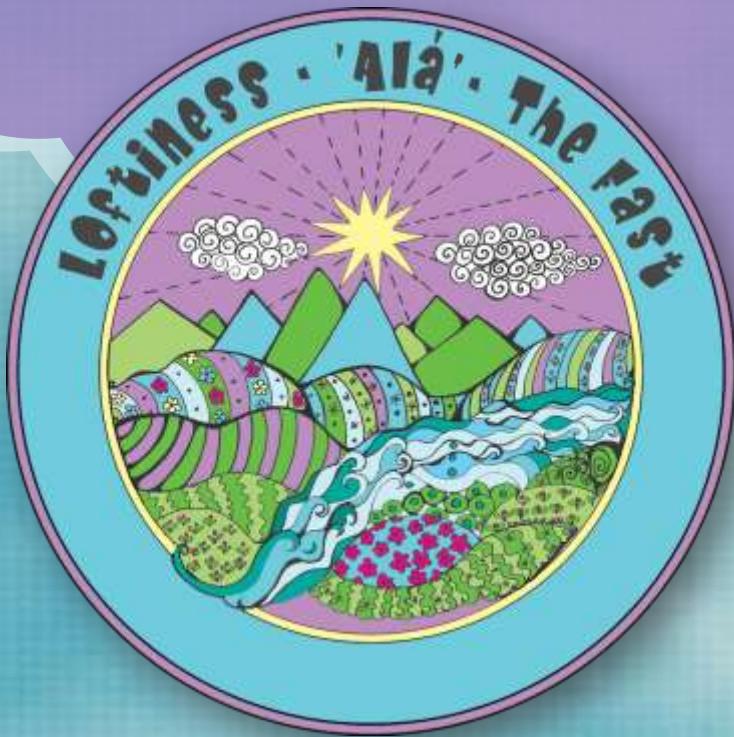
# 19 DAY FEAST PAGES FOR KIDS!

## GEMS MESSAGE OF THE MONTH

**'Alá'** means "Loftiness"

When we speak of loftiness, we are talking about spiritually good and noble qualities. Here's a quotation from Bahá'u'lláh:

*"Supremely lofty will be thy station, if thou remainest steadfast in the Cause of thy Lord."*



Issue No. 5  
Bahá'í Month of 'Alá'  
**LOFTINESS**  
19<sup>TH</sup> Month of 174 BE  
March 1<sup>st</sup> at sunset –  
March 18<sup>th</sup>, 2018

### MEANING

- Station → one's rank or position in society, based on character (thoughts, words and actions)
- Steadfast → being firm and obedient to the Teachings of God.
- Thy → your
- Thou → you

### QUESTIONS

- What becomes lofty when you are steadfast?
- What can you do to be more steadfast?
- Can you memorize this quote?

# 'Alá' is the month of the Fast



When you reach the age of 15 you can fast. Fasting is very important in the Bahá'í Faith and many other religions because it's a time to reflect on loving God and doing His Will more and more.

Bahá'í's fast by not eating or drinking from sunrise to sunset. They do this for the 19 days of the month of 'Alá.

In the Bahá'í Faith, we are asked to Fast at the age of 15. Even if you're not 15 yet, you can observe the Fast in other ways. For each of the 19 days you could:

1. Recite the Short Obligatory Prayer (between noon and sunset).

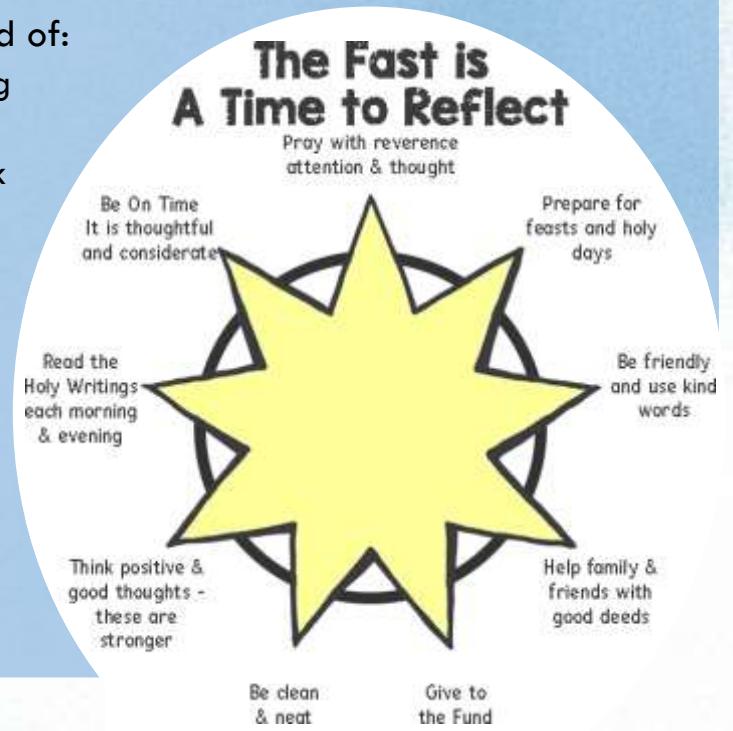
*I bear witness, O my God, that Thou hast created me to know Thee and to worship Thee. I testify, at this moment, to my powerlessness and to Thy might, to my poverty and to Thy wealth. There is none other God but Thee, the Help in Peril, the Self-Subsisting. ~Bahá'u'lláh*

2. Give up something you really like and change it for something better. Instead of:

- a. Eating candy - eat fruit or something healthy
- b. Playing video games – read a book or get some exercise

3. Improve a bad habit. Instead of:

- a. Complaining – share something you are thankful for
- b. Procrastinating – get the thing done
- c. Talking back - listen and try to understand the other person's point of view



# Gems Kids Talk

**OLINGA:** Hi guys, it's time for the Feast of 'Alá'. My family is hosting this month! Can you help me pick the music? My sister told me Lofty means high, like a mountain. Do you know some Lofty music?

**DOROTHY:** My cousins are old enough to fast this year. They are really excited about it. They have to get up really early, before sunrise to eat and drink. And they can't eat again until sunset.

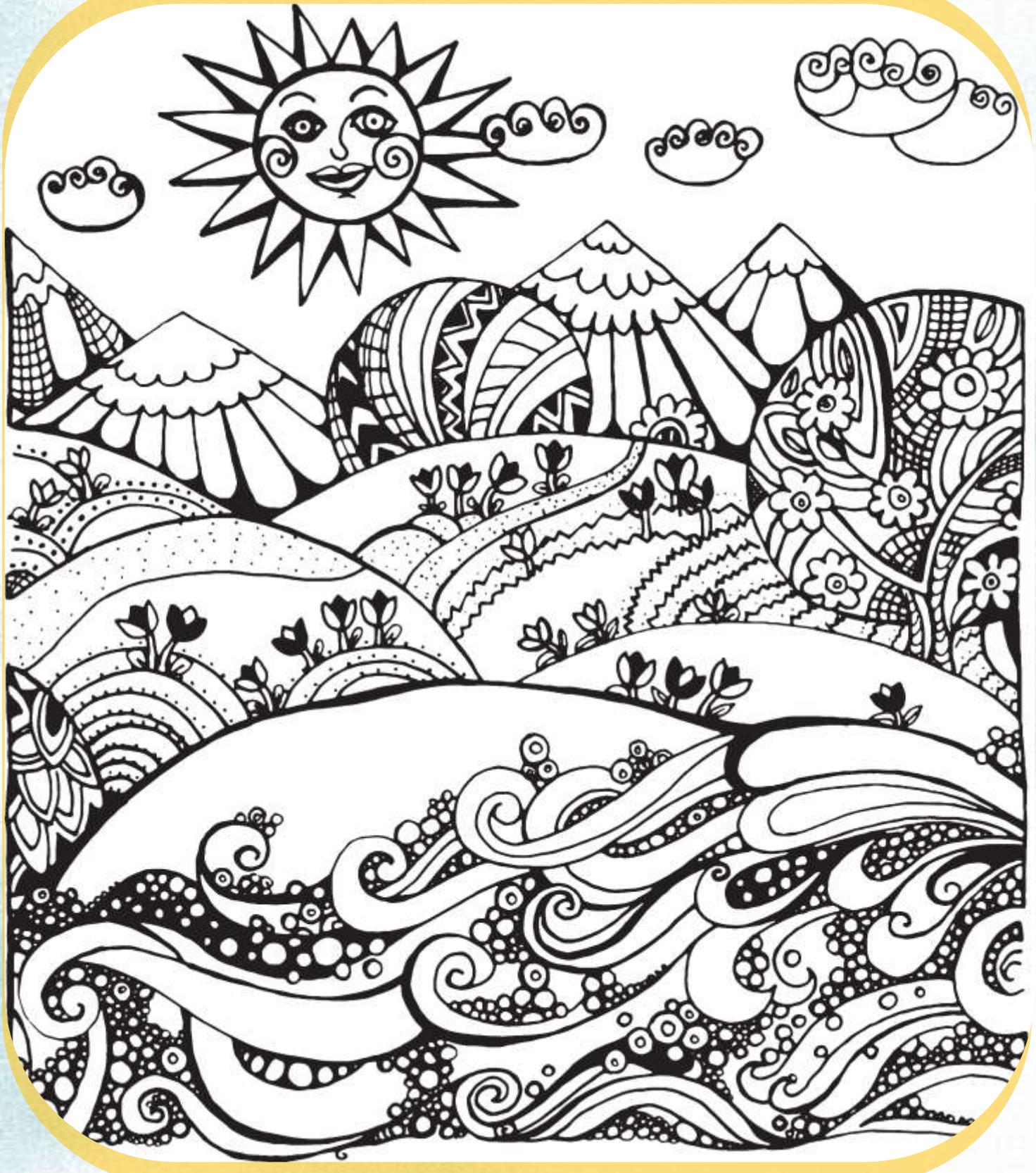
**SOO:** You have to be 15 years old to Fast, right? I want to fast, too. So..., I'm giving up candy for the whole month. Did you know that when the Fast ends it's Naw-Rúz? That's the Bahá'í New Year!

**FAIZI:** The youth are teaching Feast class tonight. They're going to tell us about how Loftiness is important for getting through the Fast and why fasting is really important for spiritual strength and growth.

**Special things kids can do for Feast:** welcome friends, say prayers, sing, tell a story, share ideas, do a skit, contribute to the Fund, serve others & help clean up.



# Gems Coloring Page



# Gems Word Search



## Word Bank

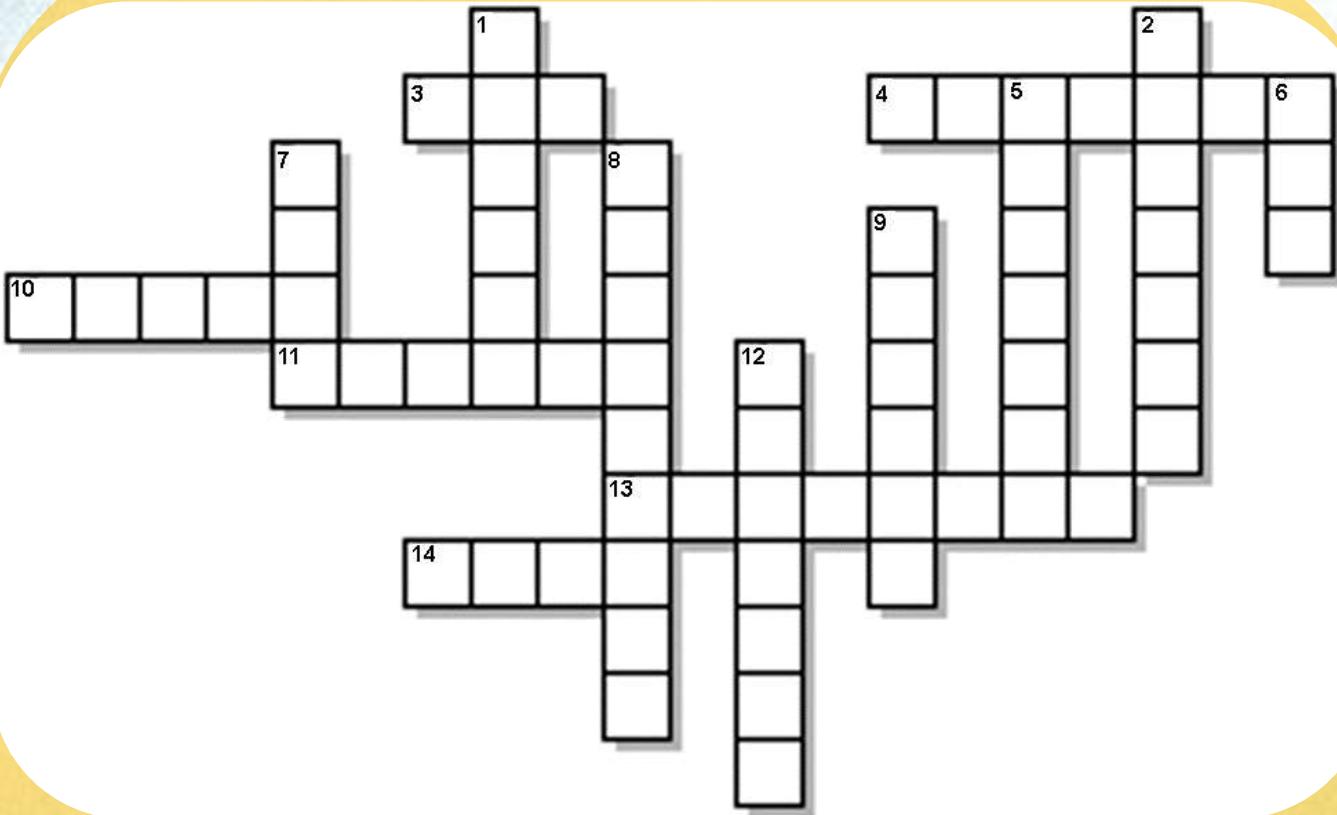
EXALTED  
NOBLE  
ELEVATED  
HIGH  
GOD  
FEAST  
SPIRITUALLY  
MONTH  
FAST

GIVE UP  
SUPREMELY  
STATION  
STEADFAST  
CAUSE  
LORD  
LOFTINESS  
WITNESS  
CREATED

KNOW  
THEE  
WORSHIP  
TESTIFY  
HELP  
PERIL  
SELF-SUBSISTING  
ALA  
POLISHING

HEART  
SERVING  
JOY  
DELIGHT  
TIME  
EATING  
THY  
LOFTY

# Gems Crossword - shorter



## DOWN

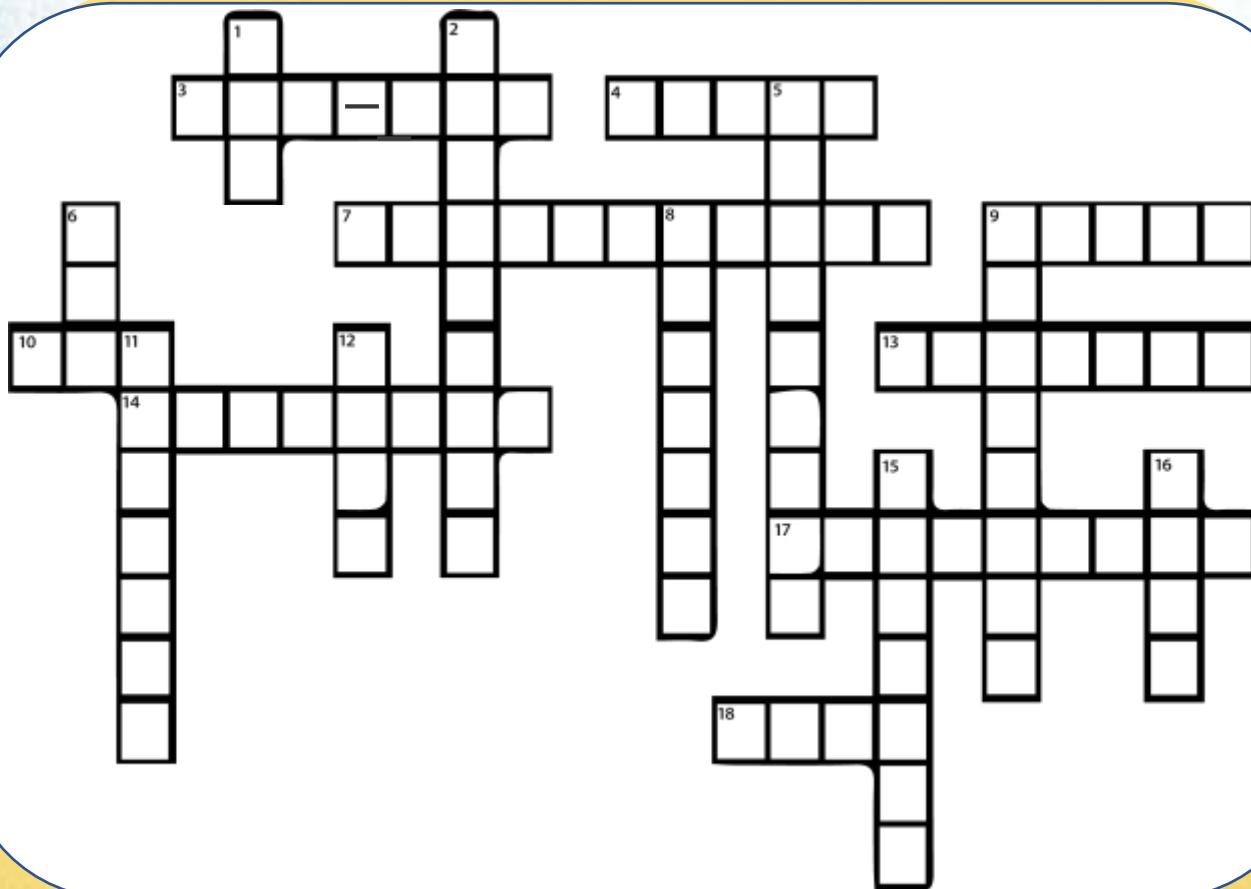
1. There are 19 of these in a Bahá'í calendar
2. The age of maturity in the Bahá'í Faith
5. Helping others
6. \_\_\_ is Most Exalted, the Most High
7. There are 19 of these in a Bahá'í month
8. 'Alá' (English)
9. We polish our \_\_\_ with prayer and service
12. The Fasting day begins at \_\_\_

## ACROSS

3. Ayyám-i-Há, Days of \_\_\_
4. Not eating or drinking
10. Exalted and lordly
11. The Fasting day ends at \_\_\_
13. The Fast lasts for \_\_\_ days
14. Ayyám-i-Há, Days outside of \_\_\_



# Gems Crossword - longer



## ACROSS

3. When the Fast ends it is time for \_\_-\_\_.
4. Event held once every Bahá'í month
7. Fasting \_\_ our faith
9. God is the help in \_\_
10. \_\_ is Most Exalted, the Most High
13. When we pray to and love God
14. Fasting \_\_ our spirits
17. The Fast is both physical and \_\_
18. Ayyám-i-Há, is also

known as "Days outside of \_\_"

## DOWN

1. The 19th Bahá'í month
2. Your station will be \_\_ lofty if you remain steadfast
5. Consistently obedient to God's teachings
6. Saying the Obligatory Prayer and fasting are the \_\_ pillars of God's Law
8. To declare or promise
9. Fasting \_\_ our hearts
11. We recite prayers with

joy and \_\_.

12. The first month of the Bahá'í calendar
15. The age of maturity in the Bahá'í Faith
16. This comes to an end as the Bahá'í year comes to an end, The \_\_\_\_.

CROSSWORD	13. ANSWERS	14. CROSSWORD	15. FEASTS	16. FEASTS
CROSSWORD	13. ANSWERS	14. CROSSWORD	15. FEASTS	16. FEASTS
ANSWERS	13. CROSWORD	14. CROSWORD	15. FEASTS	16. FEASTS
ANSWERS	13. CROSWORD	14. CROSWORD	15. FEASTS	16. FEASTS
ANSWERS	13. CROSWORD	14. CROSWORD	15. FEASTS	16. FEASTS

# Gems Arts & Crafts

## Unite The Hearts of God's Servants Unity Beads!

### You will need

- Tape
- Strong string, appropriately sized to fit bead holes
- Beads with holes big enough for your string
- Optional: Smaller spacer beads, with holes to fit string
- Optional: Needles, sized to fit bead holes

### What to do

1. Give everyone a long, strong string.
2. Tie a large knot, or tie a small spacer bead a couple of inches up from one end.
3. Tape that end of the string to the table.
4. Discussion:
  - In this craft, the string represents our connection to God. His spirit is pure and full of love.
  - The beads represent all of the people in our lives. They are all different and special in their own ways.
  - When we thread the string through our beads, it shows us how God's spirit of love and peace runs through our hearts. Our hearts are touched no matter what our differences are.
  - If we tie the ends of our strings together, we can see how His great spirit unites all of us! It makes a perfect Unity Circle!
5. Pick beads to represent 19 different people in your life.  
Members of your family? Friends? Teachers? Bus drivers? Coaches? Librarians? Who else?
6. Thread your needle through the loose end of your string. (If you don't have a needle, and your bead holes are big enough, try wrapping a small piece of tape tightly around the loose end of your string. This can make threading easier.)
7. Begin adding beads to your string. You can add smaller spacer beads in between them, or tie knots in between to make spaces, or let them all roll together. There are lots of ways to combine your beads. Express yourself and have fun!
8. When you have all 19 people beads on your string, make a knot. Then add a set of 5 more matching beads. These are used in the final step.
9. Tie the two ends of the string together. Now your beads are connected like your people are!
10. Using Your Unity Beads: "Alláh'u'Abhá"  
Bahá'u'lláh has asked us to recite this special phrase 95 times a day. Say "Alláh'u'Abhá" for each of your 19 beads. Do this 5 times. Each time you go around, slide one of your 5 same-kind beads over. ( $5 \times 19 = 95$ )



# Suggestions for 'Alá'

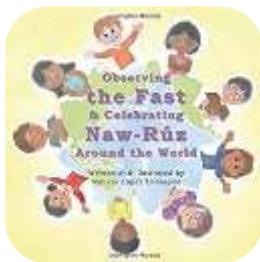
"Arts, Crafts and sciences uplift\* the world of being,  
and are conducive to its exaltation\*."

~Bahá'u'lláh

*Uplift and exaltation are a lot like the word loftiness.  
We all can use arts, crafts and sciences to uplift the world around us.*

**Bahá'í Stories for Children** is a wonderful place to find stories that address Bahá'í themes and Holy Days. You can search for stories about loftiness and even The Fast. The story, **Happy Holidays**, mentions The Fast

<http://bahaistoriesforchildren.blogspot.com/2017/02/happy-holidays.html>.



**Observing the Fast & Celebrating Naw-Rúz,**  
**Written and Illustrated by Melissa Lopez Charepoo.**

Through simple, melodic rhymes, this book intends to teach the meaning, purpose, and spiritual atmosphere the Fast and Naw-Rúz creates around the world. This book is the continuation of the book, *Celebrating Ayyám-i-Há Around the World*. <https://delighted-hearts.com/shop-books/>

**"Unite"** is a simple song about the **lofty** goals of the Cause of God. The words or lyrics are from Bahá'u'lláh's prayer containing these words "Unite and bind together the hearts, join in accord all the souls. Oh Lord! Make these faces radiant through the light of Thy oneness." The music was composed and produced by Ali Youssefi.

[https://www.youtube.com/watch?v=zfPzUZ\\_25yw](https://www.youtube.com/watch?v=zfPzUZ_25yw)



**Drawing:** Improve your drawing skills and learn to draw a "Babysaurus" with **Brilliant Star** magazine's YouTube series on drawing. You can check out the first lesson here:

<https://www.youtube.com/watch?v=6OzOenuKJu4>



Share your creations with the Gems Kids on Facebook! [www.Facebook.com/MineRichInGems.jpg](http://www.Facebook.com/MineRichInGems.jpg)

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