



Wesley's Wednesday Challenge



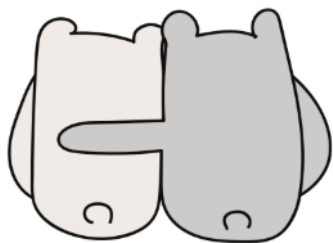
Compassion



Who was John Wesley?

John Wesley worked in a church in the 18th century (the 18th century is any date between 1700 and 1799). He is most famous for helping to start a church called the Methodist Church.

This week we'll be thinking about what compassion is and why it's important. We'll also think about how John Wesley, and Methodists today, show compassion for others.



This is Wesley's Chapel & Leysian Mission, it opened in 1778.

What is compassion?



Compassion can mean lots of things...being kind, caring, understanding and helping others.

A good place to start is treating others how we would like to be treated ourselves!

If someone is upset or needs help, we can show compassion with something as simple as a hug and kind words.

During the coronavirus pandemic, people showed compassion in lots of different ways like shopping for neighbours, calling people who might be alone, donating food and caring for people who were sick. The quote below is from a young person and says what compassion means to them:

‘Compassion is sadness becoming smaller and smaller until it has disappeared. It is your heart rescuing another heart.’

Random acts of kindness

Paint a stone

Using acrylic paint, decorate a stone with a positive message and leave it outside for someone else to find.



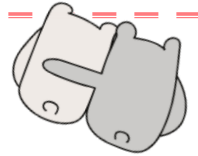
Hug in the post

There might be someone you haven't seen in a long time that you want to hug. Why not send them a long-distance hug?

Draw round each of your hands on some card or paper. Cut them out and write a message on the hands. Connect them with a piece of ribbon and send it to someone!



What is compassion?



John Wesley and other early Methodists showed compassion in lots of different ways:

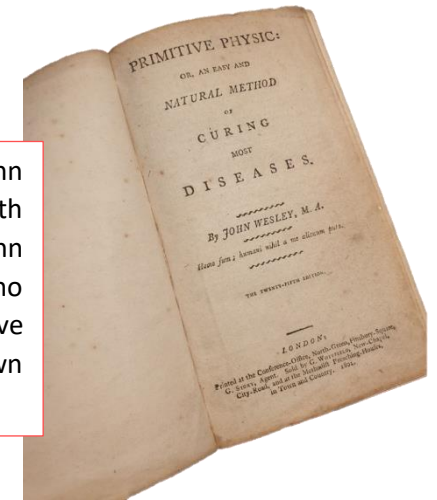
Education

John Wesley and other early Methodists helped to set up free schools for children, such as orphans, who otherwise would not have got an education. Mary Bosanquet-Fletcher, an early Methodist, set up a small school in Leytonstone in 1763.



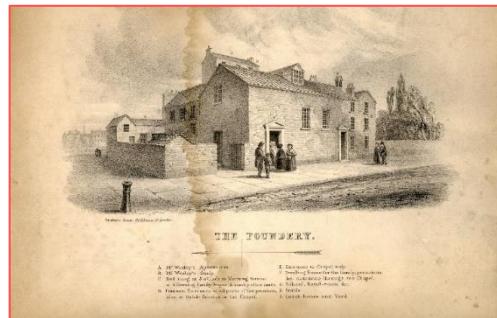
Health & Medicine

In an earlier Challenge, we focused on how John Wesley and early Methodists helped people with their health. Dispensaries were set up by John Wesley to give out free medicine to people who couldn't afford it. John wrote a book, 'Primitive Physic', so people could make their own remedies at home.



Food and clothing for the poor

Places like the Foundry Chapel and the New Room were early Methodist Chapels. You can still visit the New Room but the Foundry Chapel is no longer there. They not only held services, but gave out food and clothing for those most in need.



Speaking out!

John Wesley spoke out about causes that he felt strongly about, he was an abolitionist which meant he campaigned to get the slave trade stopped. He also thought that those who were well-off in society should do more for those most in need. During his first sermon at Wesley's Chapel in 1778, he told some of the women off for spending too much money on fancy clothes and wigs!

Raising Funds



Right from the time of John Wesley and continuing to the present day, Methodists have collected money to fund services for the community, and for worthy causes across the globe. Often this was done through the use of collection boxes placed in churches, or in a prominent place at home, to remind people to give regularly into the box. Designs needed to be eye catching, and to tell a little of what the money would be used for. Our Museum has lots on display, of all shapes and sizes!

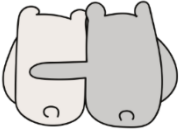


Have a go at designing your own...

What cause would your box collect donations for? What would it look like?

Get creative!

John Wesley loved to read. He, alongside other early Methodists, set up free schools to help teach children to learn to read; people had to pay to go to school in the past and most families couldn't afford it. Have a go at making a book mark for someone to show them you care. You could make it for a teacher, or post it to a friend. Use one of the templates below or design your own.



Just for fun!

Decorate the saying below, we've made a start but you can add your own drawings. The saying is often linked to John Wesley; we don't know he definitely said it (it might have been written after he died), but it's a good summary of his teachings!

How do you think it encourages people to show compassion?



Do all the good you can

By all the means you can

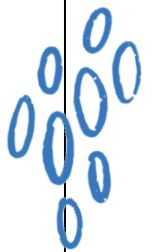
In all the ways you can

In all the places you can

At all the times you can

To all the people you can

As long as you ever can



Charter for Compassion

A charter is a bit like a list of ideas, and sometimes rules, that a group of people decide to live by. Reflecting on some of the things we've focused on, have a go at writing your own Charter for Compassion. A good place to start is by speaking to your family and friends about what could go on it, the saying on the previous page might also be helpful to get you thinking. You can then write it down and decorate it for display at home.

Our example is shown below.

Charter for Compassion

Treat others like we would like to be treated

Listen to friends if they are upset

Imagine what it's like to walk in someone else's shoes

Each month, do a 'Random Act of Kindness'

Listen to people that have a different viewpoint



Thank you! We hope you enjoyed the
activities.

Our next pack will be sent on 24th June.