

MESSY ADVENTURE

"Those who hope in the Lord will renew their strength. They will soar on wings like eagles" Isaiah 40:31.

What is a Messy Summer Adventure?

Messy Summer Adventures are a series of adventures and activities brought to you by Epiphany & St. Andrew's Episcopal Church Messy Church Team. This series will bring you to a number of treasured outdoor locations across the state, and some in your own back yard! All activities will be outdoors, all free, and accessible to all ages. When you complete an adventure and submit pictures, we will send you a badge for each adventure you participate in, with prizes at the end!

You can submit your pictures by tagging @epiphanychurch or @standrewsnl on Facebook, or by e-mailing them to Aaron Jenkyn at:

missionerofnewport@gmail.com

For up to date information and Directions to the McLane Audubon Center visit their website:

www.nhaudubon.org/about/centers/mclane/



Exploring the McLane Audubon Center

This weekend's Messy adventure took our family south, to Concord, New Hampshire. Inspired by a beautiful image of a pair of bald eagles we grabbed our binoculars and our masks and headed to the McLane Audubon Center to learn more about bald eagles and to spend some time exploring the woods and gardens. The Audubon Center is FREE and open to the public, including their bird sanctuary which is housed outdoors in one of their outbuildings. The McLane Center has fantastic, well marked trails that the whole family can enjoy, including tree houses, climbing structures and plenty of places to sit and notice the amazing wonders of God's creation.





Messy Adventure

Before you leave home:

Watch this video of eagles taking flight for the first time:

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

Listen to this song:

<https://www.youtube.com/watch?v=I8yumFO4NO4>

On the way:

Read this passage from the Bible together:

[Isaiah 40:27-31 \(NIV\)](#)

While at the Audubon Center:

As you walk through the woods, or sit in the field watch the birds fly, notice the way they move their wings. Notice where they take off and land. If you look carefully you will be able to tell the ones that trust that they can soar. What about them looks different? Listen to the birdsongs, can you hear the mamas and papas coaching the fledglings along? Next, find a quiet place to sit in the woods and listen. Can you hear God's song for you?









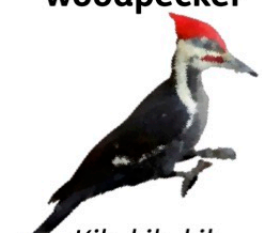







On Eagles Wings

Have you ever watched a baby eagle learn how to fly? It stands on the edge of a tree looking out over the world, waiting for the courage to take flight. For some their curiosity and wonder is enough to get them to jump, others might need a push from a feathered friend, and some resist until their bellies are so hungry they can't take it anymore and they jump to find food. However it happens, the day always comes that they have to learn to fly, because that is what they were born to do. At first they flap their wings frantically, up and down, and often they are blown off course. They are young, but they get tired and weary quickly. But just as they tire, their mama or papa flies beneath them, encouraging them, strengthening them, teaching them how to fly higher and glide with the wind, and if the baby can learn how to trust then she too will soon be soaring above the mountains like her majestic parents.

Like the baby eagle, we too need to learn to step out of our comfort zone. This virus has forced many of us to do just that. School and work and family and summer vacation look very different for most of us. We are missing our routines and traditions and maybe even our friends and family and everything feels new and scary. Maybe, like me, you keep thinking you are not ready to fly, but keep flapping my friends, and your wings will grow stronger. And when we fly off course, and begin to tire, we must remember that God is with us, and in that trust we will grow strong enough to soar like the eagles.



Backyard Bird Call Bingo

<p>Blue jay</p>  <p><i>Jay, jay, jay</i></p>	<p>Red-winged blackbird</p>  <p><i>O-ka-lee, o-ka-lee</i></p>	<p>American crow</p>  <p><i>Caw, caw, caw</i></p>	<p>Eastern phoebe</p>  <p><i>Feee-beee</i></p>
<p>Song sparrow</p>  <p><i>Maids, maids, maids, put on your tea, kettle, kettle, kettle</i></p>	<p>American goldfinch</p>  <p><i>Potato-chip, potato-chip</i></p>	<p>Red-tailed hawk</p>  <p><i>Keeeeeeeeer</i></p>	<p>Black-capped chickadee</p>  <p><i>Chick-a-dee, chick-a-dee</i></p>
<p>Pileated woodpecker</p>  <p><i>Kik, kik, kik</i></p>	<p>American robin</p>  <p><i>Cheer-up, cheerily, cheerily</i></p>	<p>Northern flicker</p>  <p><i>Kleeyer</i></p>	<p>Carolina wren</p>  <p><i>Teakettle, teakettle, teakettle</i></p>
<p>Mourning dove</p>  <p><i>Hoo-ah, hoo-hoo- hoo</i></p>	<p>Northern cardinal</p>  <p><i>What-cheer, what- cheer</i></p>	<p>White-breasted nuthatch</p>  <p><i>Yank, yank, yank</i></p>	<p>Eastern bluebird</p>  <p><i>Chur-wee</i></p>